

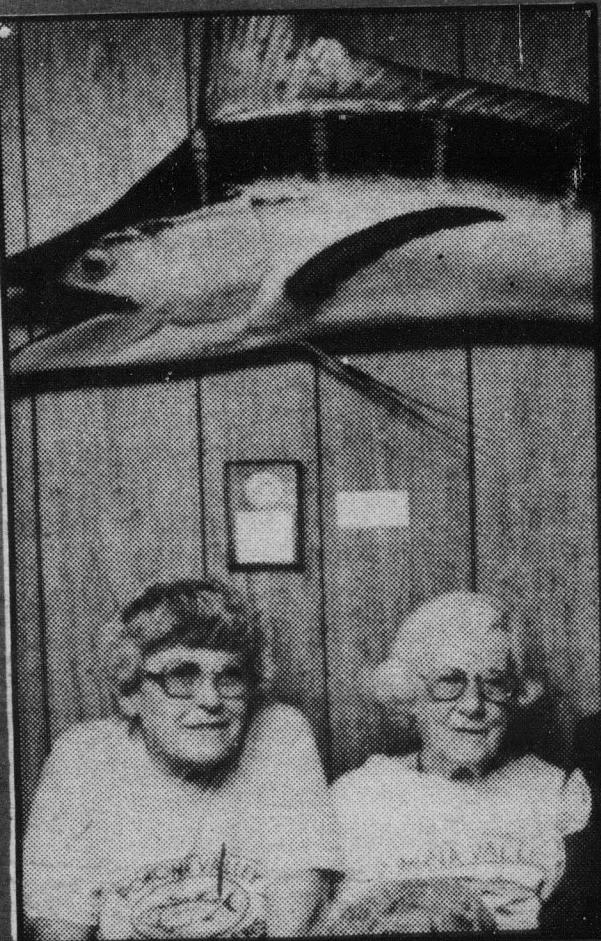


upland News

CONTINUOUS SERVICE SINCE 1894

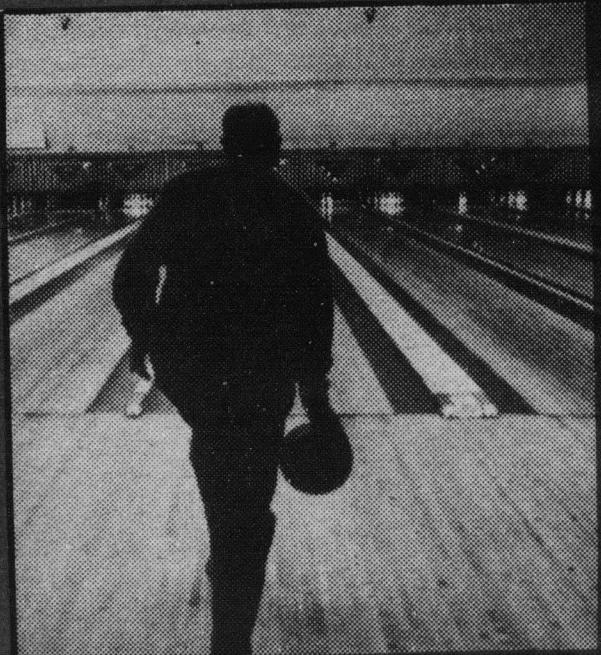
90th Year, No. 4

Thursday, March 7, 1985



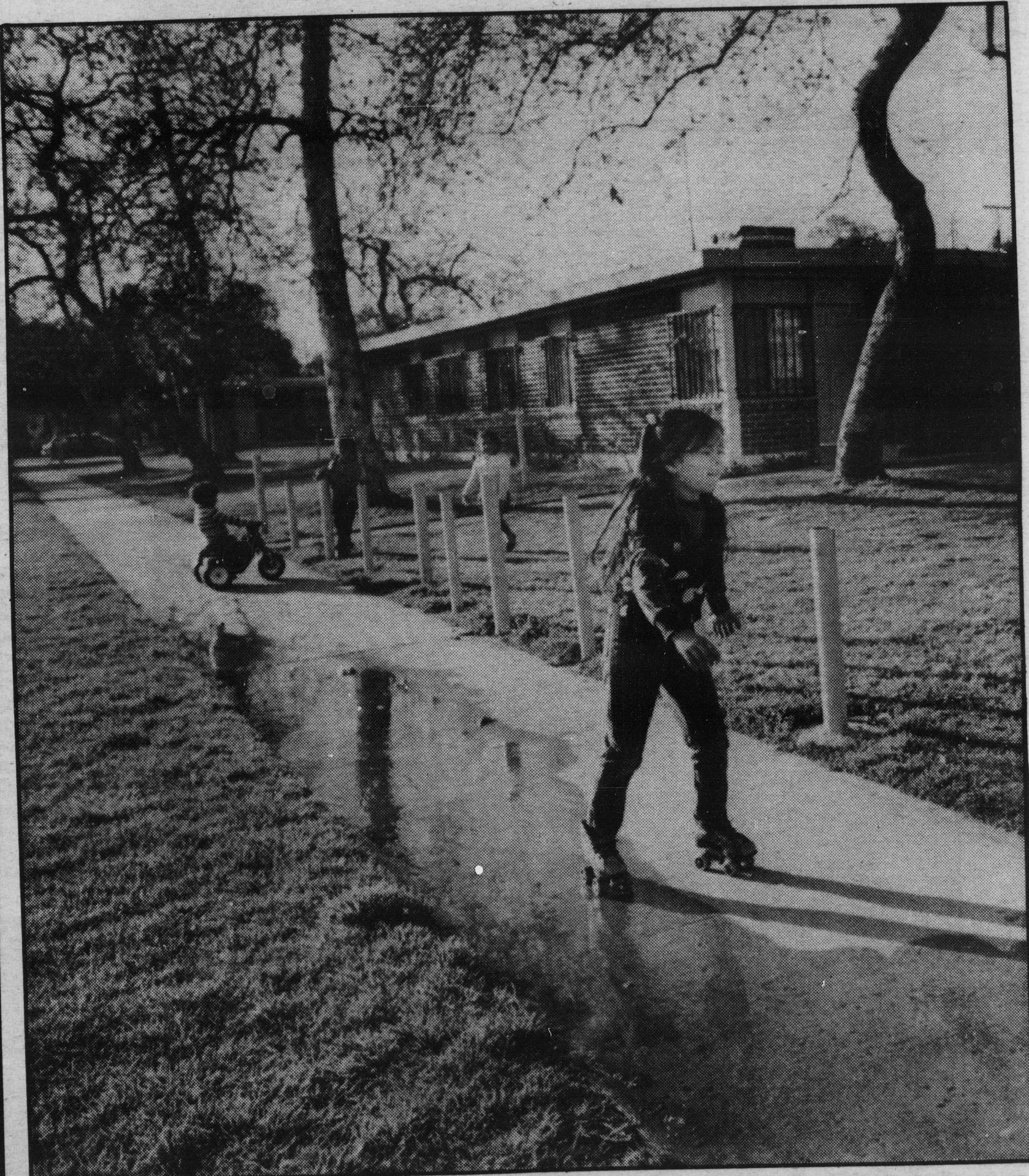
**Lady anglers
of the valley**

Page 28



**Right down
their alley**

Page 14



Los Olivos: A changing place

Life at Los Olivos



Two young residents (*above*) of Los Olivos share an afternoon moment on the doorstep of their home. Rosie Ausucion (*top right*), a 20 year resident of Los Olivos who raised her family there, said she would live elsewhere if she could afford it. Listening to his ghetto blaster, Santana Acura relaxes in the sun (*bottom right*).

Change has come slowly to Los Olivos, Upland's housing project during its 45-year history.

Upland Housing Authority directors have attempted to upgrade the Campus Avenue project and improve its image.

New coats of paint have been applied to the apartments and new landscaping planted.

The image normally associated with a housing project is softening, according to Xenia Szabo, authority director.

To those who live in the complex, Los Olivos, named for the many olive trees dotting the project, it simply is home.

Isabel Leon has spent 19 years at Los Olivos. Her 10 children grew up in there and since have moved.

She's alone now but doesn't have any intentions of moving.

"Renting outside here is too high. I've gotten used to here," Leon said. "Most of the children know me and I'm the grandmother of everyone here."

Most live in the housing project because of economics, according to Szabo. "The way the economy has been a lot of people who wouldn't have thought they would ever live here have moved here because this is all they can afford."

Those living in the project pay rents according to their gross family income set by the federal Housing and Urban Development.

The authority has 97 apartments.

The apartments have one, two, three and four bedrooms. One has five bedrooms.

The authority also oversees subsidized housing in which tenants pay a percentage of their rents and the housing authority picks up the rest of the cost. The subsidized housing is located throughout the city.

Applications for subsidized housing now will be taken only from the elderly, disabled and handicapped. The authority recently advertised the apartments and were swamped, Szabo said.

Although primarily a Hispanic community in years past, Los Olivos now has families of various ethnic groups. "We have a mixed project. It reflects the makeup of the city," Szabo said.

Families living in Los Olivos are Vietnamese, Chinese, Chicano and blacks.

Since many of the families include workers employed at seasonal jobs, Los Olivos provides them a place where they know their rents will be adjusted according to their





incomes, she said.

The authority has a three-year waiting list of people wanting to move to the project.

The federally subsidized day care center, The Rainbow to the Future Child Development Center, is located on Los Olivos property. The center is open to anyone in the area whose parents are employed, seeking employment or attending school.

Children are a familiar sight at Los Olivos. If they aren't at the development center they're on the playground in the center of the complex.

Recreation is needed for the children in order to keep them occupied, according to Rosie Ausucion.

Ausucion has lived in Los Olivos for 20 years and has raised her family there.

The housing authority sponsored various recreational programs, but federal and state budget cuts forced their cancellation.

"The project has changed. They try to keep it looking nice. There has been a lot of people moving in and out during the years. Hardly any of the old families are still here," she said.

Although Los Olivos has been home to Ausucion for two decades, she said she would live elsewhere if she could afford it.

"I would have gotten out a long time ago but I just couldn't afford it," she said. "These are nice homes and it's quiet here."

Another longtime resident, Josie Rodriguez, left the project once but returned soon afterward.

"I was born in Los Angeles and I moved out of here one year but I couldn't afford to live outside here. They have fixed it up nice. Some people who used to live here come back now and say it has changed for the better."

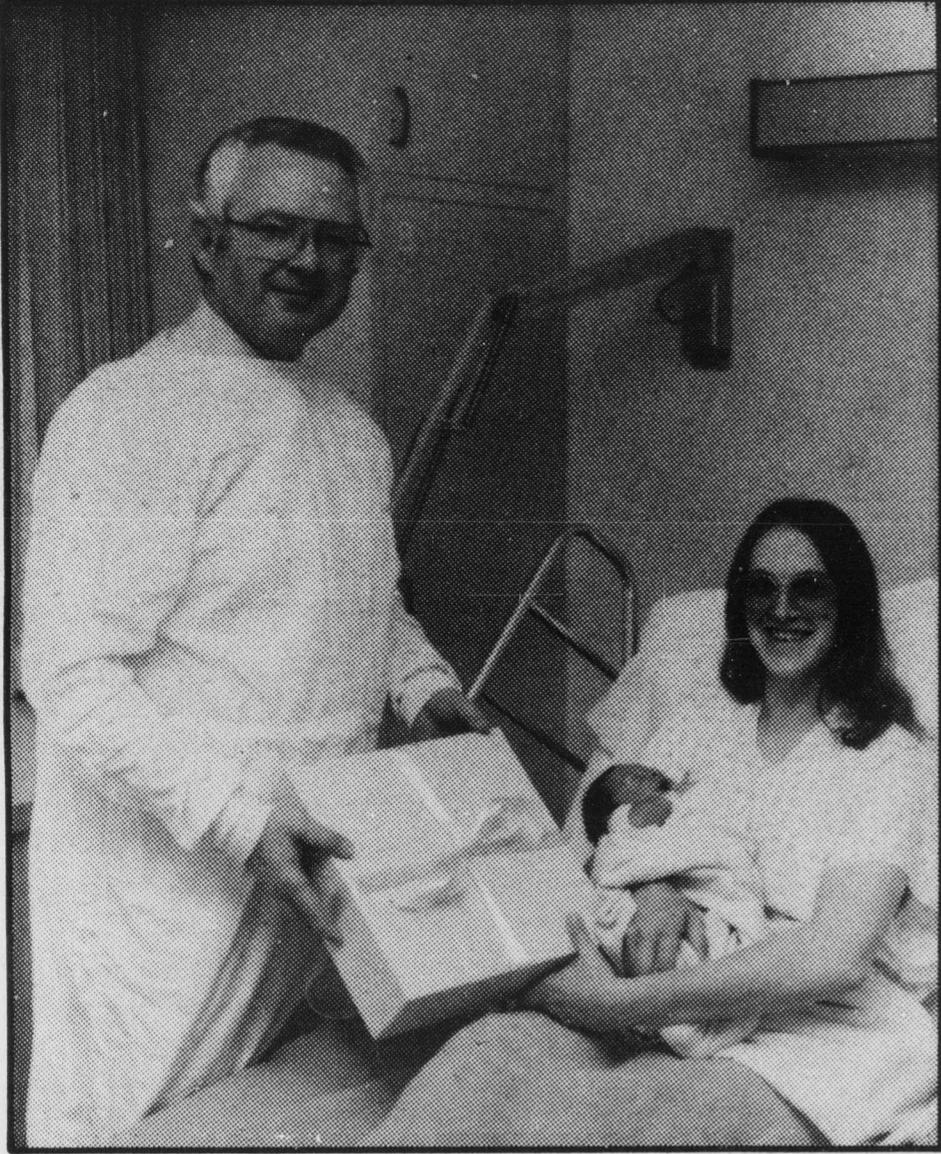
"Living here is nice. I would be afraid to live some place else," Mrs. Rodriguez said.



The Chacon family in front of their Los Olivos home (top photo). Children playing in the streets is a common sight at the housing project (above).

Story by Suzanne Sproul

Photos by Deanne Edwards



One-day-old James Mobley has already won his first distinction — before ever venturing out of the doors of San Antonio Community Hospital. He was the recipient of a special presentation by members of the Tri-County Dental Society for being the first baby born on "Sugarless Wednesday," Feb. 13, as part of a promotion honoring February as Children's Dental Month. Mobley, being held by his mom Mrs. Ross Mobley, gets his award, a "Rookie of the Year" tooth care kit, from Upland dentist Dr. Robert Leo.

CIM inmates give students a shocking message: Drugs lead to life of crime

By Karen Pyke

Don't take drugs.

That was the message students got at Cucamonga Junior High School last Thursday. They didn't hear it from their teachers or counselors but from three of Chino's California Youth Authority inmates who know about drugs.

Timothy Kennan, 23, convicted of first degree murder, told the students he started smoking marijuana when he was 8-years-old.

Some students stared with wide-eyed and open-mouthed incredulity.

Kennan explained that an older sister and her friends

invited him to smoke the drug.

"Right there when I was so young it opened all the wrong doors," he said.

"When I started smoking pot, it made me lose interest in myself and the things I was doing ... It just turned me away from my family. As a result, I turned to the streets ... I just lost interest in school," he said.

Kennan dropped out of school in the ninth grade and moved on to other drugs: cocaine, PCP, LSD. "It was a never-ending battle for me; looking for my next high, that was my whole day," Kennan said.

Daryl Kirkland, 19, convicted on two counts of attempting to murder a police officer, and Sergio Cadavid, 21, convicted in

Neighbors in the news

Air Force Senior Master Sgt. Daniel A. Devlin, son of Dorothy E. West Upland, has arrived for duty at K.I. Sawyer Air Force Base, Mich.

Devlin, an operations superintendent with the 410th Security Police Squadron, was previously assigned at Hahn Air Base, West Germany.

□ □ □
Airman Christopher L. Carpenter, son of Sue Vargas of Rancho Cucamonga, has been assigned to Chanute Air Force Base, after completing Air Force basic training.

During the six weeks at Lackland Air Force Base, Texas, the airman studied the Air Force

mission, organization and customs and received special training in human relations.

In addition, airmen who compete basic training earn credits toward an associate degree through the Community College of the Air Force.

The airman will now receive specialized instruction in the aircraft maintenance field.

□ □ □

Airman William D. Smith, son of Dana J. Smith of Upland, has graduated from the U.S. Air Force aircrew life support course at Chanute Air Force Base III.

During the course, students

were taught to inspect and maintain life support equipment such as parachutes, survival kits and life rafts and preservers. They also earned credits toward an associate degree through the Community College of the Air Force.

□ □ □

David J. Lynd, son of John T. Lynd of Rancho Cucamonga and Rose J. Karstrom of Upland, has been promoted in the U.S. Air Force to the rank of senior airman.

Lynd is a Morse systems operator at RAF Chicksands, England.

He is a 1981 graduate of Alta Loma High School.

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CHURCHES

ST. SPYRIDON GREEK ORTHODOX CHURCH —

Services will be held Sunday at 10 a.m. The church is located at 1371 Chaffee St., Upland, between Eighth and Ninth streets off Grove Avenue. For information call 982-5770 or 984-7530.

UPLAND CHRISTIAN CHURCH (Disciples) — Sunday services at 10:30 a.m. at 1510 N. San

Antonio Ave.

FOOTHILL BAPTIST, UPLAND — Sunday services at 10 a.m. at the church, 1330 W. 15th St. Inspirational hour at 6 p.m. Sunday. For information, call 981-2835.

GRACE LUTHERAN CHURCH — Services at 8:30 and 11 a.m. Sunday. The church is located at 2108 N. Euclid Ave., Upland.

WEST END CHURCH OF RELIGIOUS SCIENCE —

Services at 11 a.m. Sunday at the Masonic Temple, 611 N. Third Ave., Upland. For information, call 627-9065.

FIRST SPANISH ASSEMBLY OF GOD, UPLAND — Services at 11 a.m. Sunday at the church, 295 E. Ninth St. For information, call 981-6996.

'All the World's a Stage' presented by league

Assistance League of Upland will present "All The World's A Stage," its 25th annual spring fashion show and luncheon on Monday, March 25 in the ballroom of the Red Lion Inn in Ontario.

Holly Mitchell of Beverly Hills will present a combination musical revue and fashion show. The production will be produced by Mitchell and feature

Beverly Hills fashion models and performing artsits from TV and movies.

Music, song and fashion will be woven into a tapestry of sight and sound as designer fashions from Lillie Ruben, Silverwoods and Somper Furs of Beverly Hills are displayed.

Serving as chairman and coordinator of this year's fashion show are Bernice

Savage and Patty Dunkin. Assisting them are: Cathie Gamson, ways and means; Ginger Hay, acknowledgements; Jackie Schlosser and Sheila Graham, Assistants coordinators; Sharon Reese, artwork; and Irene Nugent, business patrons.

Also: Patti Marhoefer and Cherie Carlisle, cash drawing; Margaret Davidson,

centerpieces; Elaine Turner, hostesses; Yolanda Kloepfer, information; Noreen Cavallo and Sharon Reese, invitations; Bobbie Stahl, opportunity prizes; Dee Hanson, programs; Roberta Plott, publicity; Connie Fisher, responses; Andrea Stewart, table favors; Gene Muelchi, thank yous; and Betty Winn, treasurer.

Assistance League of

Upland traditionally honors graduating Assistants by introducing them at the fashion show. Assistants to be presented this year include: Alicia Beck, Camille Blackwell, Jamie Fatone, Melissa Hohl, Jeanne Miller, Magi Saleb, Cynthia Sanger, Mary Elizabeth Trager, Karen Tucher and Cathy Vaughn.

For more information on the show, call Yolanda Kloepfer, 982-1670.

Nurses registry expands services, to offer home care

Inter Community License Nurses Registry in Upland is expanding its health care services.

Julia White, director, said the facility, as of April 1, will be securing a new state license enabling it to offer more home care for the elderly, disabled and

handicapped.

To date the registry only has been operating in area convalescent homes and providing some hospital and medical staff relief.

"After April 1 we will be offering more home care and will have more live-in service to

provide companionship to those living alone," Ms. White said. "The new license will allow us more leeway in the health services we can provide."

Personnel will be able to provide up to four hours per day in individual homes or a minimum of four hours per week, she said.

The two-year-old registry is licensed by the state department of Consumer Affairs.

Registry personnel include registered nurses, licensed practical nurses, certified nursing assistants and home health aides.

All personnel are required to know cardiopulmonary

resuscitation and to have yearly physicals, Ms. White said.

The registry is hiring additional personnel. Currently the business handles five live-in cases from South Pasadena to Upland and about 25 home care cases.

The registry is located at 201 N. First Ave., Suite 104, Upland.

Club wants to welcome newcomers to Upland

New in Upland? Like to meet new friends? Interested in learning more about the community? The New Uplanders Club would like to invite newcomers to a Get-Acquainted Coffee for prospective members on Monday, Mar. 11, at 10:30 a.m.

The coffee will be held in the home of Janet Lee. For reservations or more information, call Judith Schoen at 981-5972.

The New Uplanders Club was founded to help new residents in Upland meet friends and become acquainted with the community. Anyone who has lived in Upland two years or less is invited to join the club.

The New Uplanders offer a variety of daytime and evening social activities. Monthly luncheons, held on the second Wednesday of each month, are open to members and their guests. Interest groups include bongo, book club, bridge, golf, tennis, gourmet, tours, crafts and gardening.

Each year the club holds a fund-raiser and donates the proceeds to a philanthropic project selected by the membership. This year's project is to illuminate the "Madonna of the Trail" statue on Euclid Avenue.

Trip will mark sister city association's anniversary

The Upland Sister City Association will celebrate its 17th anniversary with sister city Cabo, Mexico March 9.

Dean Love, association president, said the current mayor of Cabo, the mayor 17 years ago, their wives and the president of the Cabo Sister City Association have been

invited to the Upland festivities.

The annual association meeting will be conducted at the Red Hill Country Club at 6:30 p.m. All association members are invited.

Love said he hoped to have the vice president of Sister City International speak at the meeting.

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Block grant proposals are gathered

By Suzanne Sproul

Upland officials have received numerous proposals from city departments — with combined price tags exceeding \$236,000 — for their community block grant allocation.

Proposed projects include architectural changes in city buildings to improve access for the handicapped and senior citizens, and city park improvements.

Assistant City Manager Mike Matlock said the city will propose altering bathrooms, stairs and doors to accommodate the handicapped. No cost estimate has been determined yet for the proposal.

In addition, the city's recreation committee has recommended six proposals for using some of the money.

Recreation proposals by priority include the following:

- Remodeling of the community center on C Street. The cost would be \$80,500.
- Resurfacing tennis courts at Upland Junior High School at a cost of \$41,000.
- Improving the Memorial Park Atwood kitchen area at a cost of \$35,000.
- Renovating bathrooms at Olivedale Park at a cost of \$30,000.
- Renovating the lighting system on Upland Junior High School soccer fields at a cost of \$20,000.

• Installing playground equipment at Olivedale Park at a cost of \$30,000.

A senior affairs commissioner for the Human Resources Agency Office on Aging asked the city council last month to use a portion of Upland's federal revenue sharing money to improve the community center.

Commissioner Ian Brodie said center improvements would not be too costly but would eliminate problems at the busy facility. A seniors nutrition program is conducted at the center daily involving several hundred people.

Instead the city council recommended to Brodie to approach the recreation

department about proposing the project.

Matlock is assembling proposals from various Upland departments. Deadline for applications was Friday.

Proposals now will be forwarded to the Mayor's Advisory Committee for determination of which ones will be officially submitted to the Office of Community Development in San Bernardino, the administrator of the community block program.

San Bernardino County will be allocated up to \$18 million during the next three years by the federal government for eligible housing, community and economic development activities.

Upland is one of 13 cities in the county participating in the community block grant program. The program must meet criteria principally benefitting low-to moderate-income people, eliminating slums and blighted areas.

Individual cities can use the money to purchase, rehabilitate or install such things as senior centers, parks, playgrounds, solid waste disposal facilities and flood control and drainage improvements.

Last year Upland received about \$250,000. During recent years the money has been used for park improvements and sewer installations.

Presentation marks Susan B. Anthony anniversary

In the honor of the 165th anniversary of the birth of women's leader Susan B.

Anthony, a presentation of a scrapbook was made to the Chaffey Communities Cultural

Center.

The book, compiled by the late Una R. Winter, relates the story

and provides photographs of ceremonies conducted in 1938 when a giant redwood tree was dedicated to Anthony's memory in Sequoia National Park.

The presentation was made on behalf of the Upland Business and Professional Women's Club (BPW) by Past State President Zella H. Stone, a close friend of Winter, to Beatrice Riggs, director of the cultural center in Upland.

Winter, an early president of Upland BPW, was an ardent admirer of Anthony. While she and her husband, George, were vacationing in Sequoia Park, the idea for a tree planted in Anthony's honor and dedicated

to the suffragette was broached.

Winter immediately initiated action to bring it about by working with the Department of the Interior, the National Park System and several government officials including President Franklin Roosevelt.

Her dream became a reality on June 6, 1938 when the ceremonies dedicating the tree took place. More than 1,000 people, including relatives of Anthony, attended the event. Stone, then Upland BPW president, and Vivian Santolucito, vice president, served as pages at the dedication.



Zella Stone shows Bea Riggs the book the Upland Business and Professional Women's Club donated to the Chaffey Communities Cultural Center.

Goodwill to open new collection center in R.C.

Goodwill Industries of the Inland Counties Inc. will open an attended collection center March 8 at Hanovers Ranch Market in Upland.

The center will be in the parking lot at 1383 Foothill Blvd. An attendant will accept donations seven days a week from 9 a.m. to 4:30 p.m.

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FIRE CALLS

Upland Fire Department handles a wide variety of calls every week. Information provided here is compiled and submitted by the fire department to give taxpayers a glimpse of the types of alarms it answers.

Feb. 22

Building fire. Workers using cutting torch caused sparks to ignite plastic cover. \$100 damage, no injuries. 900 block San Bernardino Road.

Station tour. Gave tours to approximately 60 high school students.

Water salvage. Removed approximately 20 gallons of water caused by ruptured water pipe. 1300 block North Winston.

Chest pains. 70-year-old female having chest pains. Had also fallen. Taken to hospital by ambulance. 100 block Langston.

Difficulty breathing. 75-year-old male having difficulty breathing. Taken to hospital by ambulance. 1500 block West Eight Street.

Difficulty breathing. 80-year-old male with labored breathing, altered level of consciousness. 1500 block West Arrow.

Feb. 23

Outdoor fire. Abandoned cooking fire found in grove. Vallejo and Buffington.

Reported structure fire. Was false alarm. 300 block Austin.

Possible diabetic reaction. 67-year-old female was unconscious, possible diabetic reaction. Taken to hospital by ambulance. 2000 block Albright.

III subject. 85-year-old male with nausea, abdominal pain, generalized weakness. Taken to hospital by ambulance. 1300 block North First Avenue.

III subject. 91-year-old female with instability in legs, headache, decreased level of consciousness. Taken to hospital by ambulance. 800 block West Eighth Street.

Traffic accident. 17-year-old female with possible back and neck injuries. Taken to hospital by ambulance. Seventh and Benson.

Library seeks used books for sale

Discarded books are still needed for the Friends of the Rancho Cucamonga Branch Library book sale on March 21 through 23.

Books of every possible type are suitable: text books, "how to" books, reference books, paperbacks, cook books, fiction, and poetry, to name a few. Children's books are always in great demand.

The books constitute a tax deductible donation. Forms for declaring gifts are available upon request at the library.

According to Charles Miller, president of the organization, those who donate will have the satisfaction of knowing that they are doing their part to increase the effectiveness of the library in serving the public, particularly the school-aged children and young people, for the money raised this year will be used primarily for updating the library's reference collection.

The book sale last March netted about \$1,000, Miller said, which was used to buy books for the Children's Library.

Miller said last year's success was due in large part to the

III subject. Unknown age female having possible seizure-like episodes. Taken to hospital by ambulance. 800 block East Foothill.

Chest pains. 40-year-old female having chest pains. Taken to hospital by ambulance. 1000 block Deborah Court.

Feb. 24

Seizures. 79-year-old male having possible seizure. Taken to hospital by ambulance. 200 block South First Street.

Traffic accident. 71-year-old female having chest pains, possibly due to blunt force during accident. Taken to hospital by ambulance. 67-year-old male with shoulder pain and abrasion to head. Also taken to hospital. Arrow and Mountain.

Seizures. 13-year-old female having possible seizures. On freeway, east of Euclid. Taken to hospital by ambulance.

III subject. 89-year-old female with difficulty breathing, altered level of consciousness. Taken to hospital by ambulance. 1400 block Maxwell.

Feb. 25

III subject. 65-year-old female was vomiting blood. Taken to hospital by ambulance. 81 W. Foothill.

III subject. 70-year-old male with back pain and general body pain. Taken to hospital by ambulance. 900 block East Foothill.

Citizen assist. 37-year-old female having problem with dialysis machine, had air leak and was causing problems. 1400 block Isabella.

Fall victim. 11/2-year-old female fell hitting head on display in store. Small cut over temple area. Left in care of parents. 1200 block West Foothill.

Alarm in Ontario's area. Cancelled en route.

Feb. 26

Structure fire. Overloaded incinerator caused flame to ignite fan wiring. Approximately \$100 damage, no injuries. 900 block San Bernardino Road.

Possible pending aircraft accident. Cable airport called stating aircraft unable to get landing gear down. Two engines stood by, aircraft pilot

eventually got landing gear down and landed safely. Mechanic on ground burned hand while attempting to repair. 1300 block West 13th Street.

Traffic accident. Montclair and Ontario handled. On freeway, east of Mountain.

Traffic accident. 22-year-old female with possible fractured lower arm. Arm splinted and transported victim to hospital by ambulance. 300 block South Mountain.

Fall victim. 52-year-old male suffering from abrasion to forehead from fall. Taken to hospital by ambulance. 200 block East C Street.

Accident. 23-year-old male twisted knee attempt to bat pitched ball. Taken to hospital by ambulance. 1500 block West Seventh Street.

III subject. 27-year-old female having numbness in extremities, was hyperventilating. Taken to hospital by ambulance. 1600 block North Second Avenue.

Chest pains. 73-year-old male with chest pains. Taken to hospital by ambulance. 900 block North Third Place.

III subject. 71-year-old female having difficulty breathing. Taken to hospital by ambulance. 1300 block North Fifth Avenue.

Feb. 27

Traffic accident. 18-year-old female involved in accident, abrasions on cheek. 15-year-old female with laceration on left temple. 15-year-old female with pain in back of head and tailbone area. All three taken to hospital by ambulance. 14th and Euclid.

III subject. 86-year-old male had possible stroke. Taken to hospital by ambulance. 1300 block San Bernardino Road.

III subject. 61-year-old male having dizziness, nausea and weakness. Taken to hospital by ambulance. 1300 block San Bernardino Road.

Traffic accident. 34-year-old male with collar bone injury. Taken to hospital by ambulance. 7th and Euclid.

Chest pains. 61-year-old male having chest pains, mid-chest area. Taken to hospital by ambulance. 100 block North Third Avenue.

III subject. 74-year-old male suffered possible stroke. Taken to hospital by

ambulance. 2200 block North San Antonio.

Robbery victim. 65-year-old female victim of robbery, had pain in back and stomach area. Abrasion to foot. Left in care of police department. 700 block Juniper.

Traffic accident. 20-year-old female with injury to shoulder and knee, also hit top of head. Taken to hospital by ambulance. Arrow and Central.

Possible vehicle fire. Was only overheated engine, no fire. 18th and Euclid.

Feb. 28

Citizen assist. Removed ring from swollen finger of 15-year-old female.

Station tour. For 32 elementary school

children at Station No. 1.

Accident. 28-year-old female received 3-inch laceration trying to open window of residence. 1600 block Erin.

III subject. 69-year-old female with generalized weakness, difficulty breathing. 600 block East 11th Street.

Traffic accident. Male with possible spine injury, leg injury. Female with possible spine injury, possible broken arm. Both taken to hospital by ambulance. Second female, 15-years old had minor headache, dizziness, refused treatment. 300 block West Foothill.

Outdoor fire. Unknown set fire to shrubbery in backyard of residence, approximately \$500 damage. Second fire in nearby palm trees. Both extinguished. 1400 block North Euclid and 13th.

All those who missed the Grand Opening of **Helen's Other Place**, raise their right hands.

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Photos by Deanne Edwards

Rehearsing for the upcoming musical "Oklahoma" are Alta Loma High School students (rear, left to right) Jody Knight; Erin Dornisch; Julie Lambert; (front, left to right) Rusty Boggs; Bill Adams; and Trent Anderson. right) Bill Ketcherside, Bill

Adams, and Trent Anderson. Performances of the school-wide production are planned for March 7, 8, and 9 at 8 p.m. To purchase tickets, which cost \$4, call 989-5511, extension 238. The school has spent about \$1,800 on the production.

By Jack Williams
Copley News Service

The boy who aspired to be a priest has evolved into a 43-year-old evangelist of endurance. His calling, as he perceives it, is to convert the sedentary, self-doubting masses into marathoners in the human race — people programmed to go the distance in mind, body and spirit. To survive. To persevere.

And every week, every Sunday morning, his "parishioners" come running.

Some, perhaps, to embrace a new religion — a belief that physical fitness in a socially supportive setting can lead to a more productive and richer life. Others, simply to log a few mindless miles with friends.

Whatever the motivation, their vehicle is the same: the Mission Bay Marathon Clinic in San Diego. During the past 10 years, it has become an institution, of sorts — socially ("your pace or mine?") and recreationally, if not spiritually.

And its director, Austin

Surviving in the '80s — a message from the pulpit of a fitness buff

"Ozzie" Gontang, the would-be-priest-turned-fitness-father, has become its resident philosopher. Not just a figurehead who leads stretching exercises and points out flaws in form and style; but a guide to a higher ground.

Learn how to run your life, he preaches, not just a 10K.

"What ties most of us together," he tells you in the second-floor office/library of his home, "is that we have used running as a way to stay fit. But the reason they're there is so that they will be able to run the human race."

"It enables them to run other areas of their lives. If I can teach you to take care of yourself, I can talk to you about dealing with your family sensibly, for example."

Despite the social aspects of the clinic, the lure of meeting and interacting with other

people of similar lifestyles, the bottom line is that whatever you do — however many miles you run or walk — you are doing it yourself. "You can't just talk about it," said Gontang. "You have to do it. A person who finds that he can physically endure will outlast you in other areas."

"The marathon creates a pseudo stress, and some people who complete it go beyond what they thought was possible. Then, the rest of their lives seem more manageable."

Ultimately, the lifestyle Gontang tries to promote is survival in the '80s. "Survival is what we're basically talking about," he said. "And is our way of going about it the cancer or the penicillin?"

To Gontang, the ultimate challenge is not the marathon, the Iron Man Triathlon or any number of endurance events that

tax our aerobic capacities. "It is daily life," he says.

With that, he will tell you that the time we spend doing things other than training — such as standing, sitting and walking — is exercise, too. There is a wrong way and a right way — and doing it correctly can have a profound effect on athletic performance.

A graduate of Villanova University with a master's degree in theology, he is near completing at United States International University in San Diego his doctorate in psychology. His dissertation, he says, will be on the career of the endurance athlete, a study of the growing number of long-distance runners, bikers, triathletes, walkers and aerobic addicts.

"All of them," he said, "are endurance athletes. They're exploring new territories to find out about themselves. Many in

the 25 to 55 range have never been athletic. They're finally excited about something they can do."

He is, he says, talking about the vast majority, not the "2 to 5 percent who see it as the end-all and be-all, who see it as their life as opposed to something that is life-giving."

It is the exercise fanatics, says Gontang, whose businesses and families suffer. "The ones who overdo it serve a purpose. They are showing what the body can do and endure, and we're learning from them."

At times, Gontang — who acknowledges that his major philosophical influences are Eastern — can be vague and almost metaphysical: "I use the marathon as a metaphor to see where I am in other aspects of my life. ... For 3½ hours in a marathon, the mind gets to observe what I have practiced."

At 6-foot-3, Gontang is fashionably lean and remarkably limber, if not the ideal stature of a long-distance runner. He logs between 12 and 20 miles each Saturday.

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CLUBS

□ Items for the News About Clubs column must be submitted by noon on the Thursday before desired publication. Send or bring the item to 8137 Malachite Ave., Suite C, Rancho Cucamonga 91730.

New Uplanders

The New Uplanders will hear Marilyn Brunner, member of the San Bernardino County Grand Jury speak at its next luncheon on Wednesday at Bamboo Yuan,

921 W. Foothill Blvd. in Claremont.

At the luncheon meeting, the club's founders also will be honored. The social hour begins at 10:45 a.m. followed by lunch at 11:30 a.m. Call Peggy Linberg at 981-0452 to make reservations for the luncheon.

The New Uplanders Club invites anyone who has lived in Upland two years or less to join the group. In addition to the monthly luncheons, the club offers activity groups and social

events throughout the year.

Anyone interested in joining the club or obtaining more information can call Judith Schoen at 981-5972.

Polka Boosters

The Southern California Polka Boosters Club will hold its St. Patrick's Dance Saturday at the DES Hall, 5126 Riverside Drive in Chino.

The Polka Family Band will play for the dance which is held

from 8:30 p.m. to 12:30 a.m. Chairpersons are Ralph and Hattie Czepkiewicz.

Free polka lessons are given from 7:30 to 8:30. The public is invited. For more information, call 986-6187.

BPW

"Another Fashionable Brunch" is the theme for Foothill Valley Business and Professional Women's Organization's second annual fashion show.

The show will be held on Saturday, March 23 at the Red Hill Country Club, 8358 Red Hill Country Club Drive in Rancho Cucamonga. Doors will open at 10 a.m. and the show will begin

at 11. Proceeds for the event will be donated to the West End YMCA Latch Key program.

Janet Craig, Fashion Academy color and wardrobe consultant, and Pat Karvalla of Rags for Dolls and the Mister Shop, will be coordinating the show.

Current men's and women's fashion, color and line will be highlighted to assist those attending in planning their wardrobes.

Call Agness Bonessa, 986-6986 or Noel Kanemitsu (days) at 623-6641 for tickets and information. Reservations must be made by March 20.

BPW promotes full participation, equity and economic self-sufficiency for working women.

Job's Daughters to hold semi-annual St. Patrick's Day breakfast March 17

"St. Patrick's Day" will be the theme March 17 of the semi-annual breakfast the Job's Daughters of Upland Bethel No. 287 will hold from 8 a.m. to noon at the Masonic Hall dining room, 611 N. Third Ave., Upland.

Proceeds from the event, which is open to the public, will be used for bethel philanthropic projects, including the Youth

Diabetes Foundation.

Tickets may be purchased at the door for \$3.25 for adults and \$2.25 for children. The menu includes ham and eggs, pancakes, juice, coffee, tea and milk.

Hostesses will include: Kelleigh Griffin, honored queen; Sherri Bishop, senior princess; Glenda Smith, junior princess;

Pam Wendel and Pam Harbert, past honored queens; and Wendy Singer, Jennie Harbert, Robyn D'Angelo, Stacy Ingles, Marie Julian, Cynthia Thompson, Janice and Jennifer Carrington, Michelle Knauer, Tracye Bishop, Sansieray Blundell, Kris Kellas, Lisa and Dawn Schroeder, Susan Zimmerman, Tammy Williams and Claudia Calabro.

Pitcher will make his pitch for education

Former Los Angeles Dodgers pitcher Al Downing will speak to staff and students at Chaffey College March 8 at 10 a.m. in the student lounge. His speech will relate to the importance of education to sports.

Downing once fanned three batters in one inning on nine straight pitches but he gained national fame in the baseball world as the pitcher who

allowed Hank Aaron to hit his record-breaking 715th home run.

Downing pitched for four teams and appeared in three World Series' during his 17-year major league career. He began with the New York Yankees in 1961, led the American League in strikeouts in 1964, was traded to Oakland in 1969 and then to Milwaukee in 1970.

He is currently a commentator for ON-TV's Dodger telecasts as well as host of the Dodger Talk Show on KABC radio after road games.

After his speech, the Associated Students will hold a baseball throwing contest with students vying for the five prizes of \$10 bookstore certificates.

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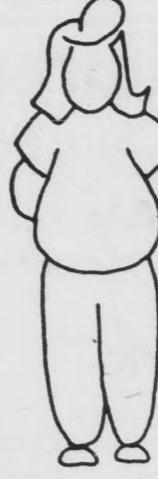
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Kite project flies high at school's science fair

"He knew his business," said Deer Canyon Elementary School science teacher Bob Nilsen about first grader Jason Panzer.

Panzer won first place among the first graders at that school's annual science fair competition last month. His project shows how to fly a kite and stands about five feet tall.

Floyd M. Stork Elementary School first grader Justin Slacter won first place for his grade with a project examining if an egg would float or sink in various liquids. He found that it floats in salt water and so recommended that salt be added to pools so people can float, said Stork vice principal Michelle Richardson.

Other winners at Stork included:

First grade: Tommy Moore, second place, and Lorraine Rodriguez, third place.

Second grade: Jason Larsen, first place; Cynthia Utzurum, second place; and Tina DiPonio, third place.

Third grade: Sarah Spradlin, first place; Christian Cummings, second place; and Jacob Olauson, third place.

Fourth grade: Laurie Balsano, first place; Allison Cummings, second place; and Heather French, third place.



Photo by Deanne Edwards Daina Jindra, 12, took first place among the sixth grade competition in Deer Canyon Elementary School's annual Science Fair. Her project, which examined the flammability of a variety of fabrics, will compete at the district-wide science fair at Alta Loma Elementary School on March 28.

Fifth grade: Kelly Brown, first place; Mark Strecker, second place; and Jeff Langlois, third place.

Sixth grade: Michael Gillis,

first place; Rick Muelich, second place; and Lisa Herchenroeder, third place.

Winners at Deer Canyon included: First grade: Steve

Roth, second place; Doug McGee, third place.

Second grade: Nicole Stevens, first place; Kolby Bausher, second place; and Nicky

Marinelli, third place.

Third grade: Erin Markey, first place; Dyana Coleman, second place; Richie Roth, third place.

Fourth grade: Pat Bane, first place; Michelle Payton, second place; and Randy Heimann, third place.

Fifth grade: Julie Schutte, first place; Chad Milless, second place; and Mike Ford, third place.

Sixth grade: Daina Jindra, first place; Sean McGowan, second place; and David Allbee, third place.



Jo Ann Fitzgibbons

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No one wants to be a failure! Whether a homemaker, senior partner, teacher or clerk, we all want to succeed at the tasks we put our hands to. Our appearance is one facet of success. Think of the different impression a friend or business contact can make upon you depending on whether they are inappropriately dressed or well put together. First impressions set the tone for your relationship. Only when the eye is not distracted by a "visual negative" can others really hear you. Since a run in your hose can cause more of a lasting impression than a beautiful suit, it becomes important to put together a look that is appropriate to your coloring, job type and personal lifestyle.

It takes only seconds more to choose a blouse in your color than to purchase a "future throw away". A minute spent in selecting and applying makeup appropriately to you will enhance both your day and the people you come in contact with. Why not be the best you can be? Beauty comes in all sizes, shapes and colorings - let Fitzgibbons help you to dress for the successes that await you!

Next week - some hints for the professional woman.

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Chaffey College board of trustees plans special meeting

Chaffey College's board of trustees has called a special meeting Tuesday at 7:30 in the board room in the administration building.

Although no official agenda has been announced, March 15 is the deadline to send out lay-off notices to employees with

contracts — certificated or faculty.

If no lay-off notices are sent, contracts renew for the upcoming school year.

There has been no announcement on whether layoffs are planned or not.

The five-member board

normally only meets once a month.

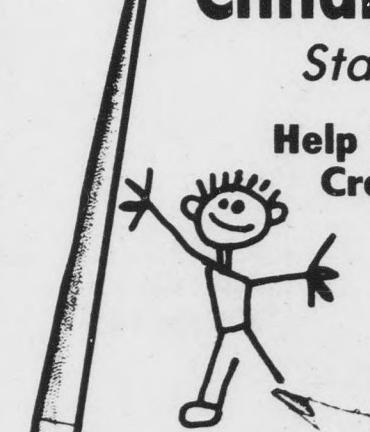
The college is located at 5885

Haven Ave., Alta Loma. A guest parking pass can be obtained at the switchboard.

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PHOTO TIPS

By Holt Confer
Copley News Service

Obviously, there's a whole lot to be said about lenses (after all, this is the third column in a row about them), and while I certainly won't be telling you all there is to know about lenses, at least you gradually should be acquiring a basic understanding about them.

Every lens consists of four major groups of components: the optical elements, focusing mechanism, diaphragm, and housing and fittings. No doubt about it, lens manufacturing is a precision business. All those pieces must come together with virtually zero error or the lens just won't function properly.

The optical elements are the precision ground sets of glass transmitting the light. And the lens designer must not only be concerned with the integrity of the glass itself, but he also needs to consider the airspace between the glass elements — since the light must travel through both mediums to get

to the film. The focusing mechanism is a helical thread used to change the spacing between the lens elements and the film. Focus a lens at infinity and the glass elements move near the film; while close-up focusing — such as a macro lens provides — requires the glass elements to be moved away from the film plane.

The diaphragm is made up of a series of concentric blades that open or close when the aperture is selected. In today's cameras, these blades are coupled electronically to built-in metering systems so they automatically open or close whenever the shutter is tripped.

The housing and fittings include the lens barrel, focusing and aperture rings, the camera mounting slots and pins, as well as the filter or lens hood mounting threads. Often when a secondhand camera is being considered, it's these exterior "trappings" that need to be examined for telltale signs of wear or abuse.

A peek at some of the problems a lens designer

needs to overcome might help clarify a few of the lens performance terms you're likely to hear bandied about in your local camera store.

— Color aberration. The separation of different color components of light. Different colors have different wavelengths, and when light is bent either through converging or diverging lenses, those different wavelengths try to focus at slightly different points. Additional lens elements are used to assure all the colored light rays come together at the selected point of sharp focus.

— Field curvature. The natural field of a simple lens is curved spherically but that creates a problem because the film plane is flat. So a correction is introduced that not only flattens the field, but ensures the field will be flat over the entire film frame.

— Vignetting. Light has to travel further to get to the corners of the picture and, as you well know, the further light travels, the more intensity it loses. And at the picture's edges, where the light intensity falls off, a

noticeable darkening occurs. Sometimes you'll see vignetting when an external filter is used with a very wide-angle lens. But this is a situation where the lens angle of view is so wide, it "sees" the edges of the filter ring — not quite the same as the vignetting that occurs when the lens elements don't allow consistent brightness to cover the entire film plane.

— Barrel distortion. Of all the areas we discussed, this one probably is the most familiar. It occurs whenever an exceptionally wide-angle lens is used — then normally straight lines in a photograph begin to bulge toward the outside of the frame. When fisheye lenses are used, for example, the barrel distortion adds a unique look to the picture. But in the 16mm to 28mm lens range, distortion usually is not appreciated, so the lens designers try to eliminate it. "Rectilinear" is the term used to describe eliminated barrel distortion — it's an important, but expensive, part of designing wide-angle lenses.

But there are some things about lenses best learned on

your own. For instance, there's the visual fields (angles of view) covered by lenses of different focal lengths. Here, to appreciate the differences, you might want to look at a chart showing the actual angles of view as they emanate from a camera lens. Then, too, many camera manufacturers will illustrate the covering capability of their lenses by taking a series of photographs from the same location. The series typically begins with a shot from a fisheye lens and then works up through the full range of lenses to the point where the photographer is using a 1000mm or 2000mm lens.

Those comparisons particularly are useful if you're having a difficult time visualizing just how much coverage a lens of a certain focal length provides.

Once again, though, lens purchases never should be arbitrary or done on a whim. Have a specific use in mind whenever you go lens shopping — you'll be much happier, both economically and creatively, with the purchase.

The utility official encouraged customers to pick up a copy of the brochure at any local gas company branch office.

The gas company offers consumers many money-saving tips in brochure

Consumers looking for the best value for their money will want to check out Southern California Gas Company's claim that "You'll find more than gas at the gas company."

The new brochure lists 12 of the most popular of some three dozen services offered at no additional cost by the utility to its customers. The brochure is available in both English and Spanish.

"Many of our customers aren't aware of the support programs and services offered by the gas company at no additional charge, strictly for the benefit," said Don Crawford, gas company

district manager. "The company has dedicated itself this year to bringing this message of service to its consumers."

Among services detailed in the new brochure are free home service calls, appliance adjustments, and pilot light adjustments; level pay plan, which allows customers to pay their average yearly gas bill in equal monthly payments; 24-

hour emergency response; and no-cost home weatherization for qualifying limited-income customers.

Also described in the brochure

is a weatherization financing and credits program, offering customers cash rebates or low-interest loans for energy-saving home improvements.

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STAMPS

By Lea Blauvelt
Copley News Service

As we forecast, new issues are coming off the U.S. presses like snowflakes in a blizzard. Most have been prompted by the new postal rates that went into effect Feb. 17.

Two non-denominated Penalty Mail stamps, previously called "Official Mail" stamps, were issued in D rate (22-cent coil and 14-cent sheet) on Feb. 4 in Washington, D.C.

Designed by Bradbury Thompson, the Penalty Mail stamps feature a stylized American eagle, full-face with wings spread, superimposed on a medium-blue background.

Since the stamps are used only on federal government mail and many not be used on private mail, they cannot be purchased at local post offices. To secure first-day cancellations, the envelopes or postcards receiving first-day strikes must bear a government return address. Therefore, those sending self-addressed covers must have "U.S. Postal Service,"

Washington, D.C., 20066, Official Business" in three lines in the upper left corner of each. (Warning: no handwriting.) The return address must be printed, rubber stamped or typewritten on the envelope or card or printed on a gummed address label. Since it is impractical to have a cover or two printed at a stationery store or to prepare a rubber stamp, use a typewriter.

(If you don't have one, have a friend who does have one do it for you.)

Send properly addressed envelopes and cards to: Non-denominated Penalty Mail Stamps, Postmaster, Washington, D.C. 20066-9992. Include in check form only, 22 cents for each stamp for envelopes and 14 cents for each stamp for cards. Postmark all orders by April 5.

Since stamps cannot be purchased at local post offices, write to the Philatelic Sales Division, Washington, D.C. 20265-9997, and ask for the latest catalog. Mint stamps also can be purchased.

Two airmail stamps, one

commemorating aviation pioneers Elmer Sperry and his son, Lawrence, and the other honoring aviation pioneer Alfred Verville, had dual issuance Feb. 13 in Garden City, N.Y.

The new 39-cent Sperrys and the 33-cent Verville stamps meet the new international airmail rates for letters to Colombia, Venezuela, Central America and most of the Pacific and for airmail postcards, respectively.

Elmer Sperry was awarded more than 400 patents and revolutionized flying with such devices as the gyrocompass and turn-and-bank and speed-and-direction indicators. He died in 1930.

Lawrence Sperry helped develop and test such aviation innovations as the automatic pilot, retractable landing gear and the first guided missile in the form of an aerial torpedo. He drowned in 1931 after crashing on a flight over the English Channel.

Lawrence Sperry and Alfred Verville designed and produced three aircraft in the early 1920s that utilized a number of Elmer's

inventions. The most famous, the Verville-Sperry R-3 Army Racer, won the Pulitzer Speed Classic Trophy in 1924 in Dayton, Ohio, at a record 216 mph. The plane has been recognized by a panel of experts as one of the 12 most significant aircraft of all time.

Space demands we skip other details on these two stamps.

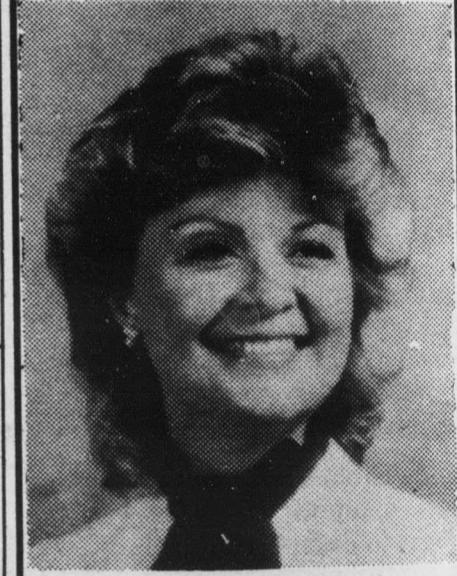
For first-day cancellations, the USPS prefers that you purchase stamps at local post offices and affix to addressed envelopes. Because these two stamps have a common first-day city and date, both may be affixed to the same envelope, if desired or mailed singly. Mail no later than April 14 to: Customer-Affixed Envelopes, Postmaster, Garden City, NY 11530-9991. No remittance is required.

If the USPS is asked to affix the stamps send 39 cents for each combination used, plus addressed covers, to: Sperry Stamp, Verville Stamp or Sperry-Verville Stamps (depending on type of request), Postmaster, Garden City, NY 11530-9992.

FOR THE NOVICE: What are

definitive stamps? Definitive stamps are the regular-issue stamps of a country. Their sole purpose for release is to pay different postage rates, and their period of use usually is for many months or years. On the other hand, commemorative stamps are offered for a short period of time and, while they do satisfy a postal need, they are issued for a special reason (to honor some person, event, etc.). Regular, or definitive, stamps go through many printings. Commemorative ones rarely are reordered.

Bridal Bouquets



by Deborah Armbruster

MONEY MATTERS

It's the rare couple nowadays who can truly say "money is no object," even when it comes to that most special of occasions, their wedding. While weddings are not a time for penny-pinching, there are ways to remove financial anxieties of various sorts. Here are some pointers:

When dealing with one of your wedding suppliers, make your financial status clear. If you love a dress or a particular menu, for example, don't be vague about why you are turning it down—this will only confuse the salesperson trying to help you. If they are made to realize that the price is the problem, they can help you find creative solutions.

Don't forget the inevitable hidden extras. Allow a sum in your budget for miscellaneous items you might forget. And don't forget to tip. For example, your family may have known the minister or organist for years—but, unless the person has specifically offered their services as a gift, find out what the gratuity should be.

Always remember to think, "what if...?" For example, find out what it costs if you want the band to play an extra hour; if you need extra color prints of your wedding pictures; if you need the limousine longer. Being prepared in advance helps avoid unpleasant surprises.

Get the most for your money: when shopping for your wedding needs, consult the experts at Deborah's Bridal.

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Training rangers gives archaeologists another set of eyes in the open field

By Maria Puent
Copley News Service

Deep in the Cleveland National Forest, near a rivulet of runoff from the Cuyamaca Mountains, the scrub brush and poison oak hide the remains of a makeshift kitchen some women may have used 1,000 years ago.

The average person could be excused for passing by the "kitchen" without a second thought; it looks like, well, just an ordinary large rock.

But three U.S. Forest Service rangers who surveyed the area recently immediately noticed the curious bowl-shaped indentations on the flat surface of the rock.

If rangers Ed White, Rich Tobin and Maribeth Kottman had found that rock a couple of years

ago, they, too, might have passed it over.

But they are three of hundreds of Forest Service employees in California and around the nation who have gone through a special training program designed to turn them into "paraprofessional" archaeologists, capable of spotting ancient sites and remains.

None of the three had any background in archaeological work. Kottman is a botanist, White plans prescribed burns for the forest, and Tobin does a variety of tasks, including issuing permits for campsites or wood cutting.

But armed with five days of classroom and field training, the three were able to recognize the indentations as clues indicating that this was more than just a

run-of-the-mill rock. It's actually an archaeological resource — a bedrock mortar used by prehistoric native Americans in grinding the acorns that were a staple of their diet.

Long before the white man came, long before even the

(Continued on page 13)

HOW TO FLY A KITE SAFELY.



- 1 Always use dry string, wood and paper in your kite.
- 2 Never use wire or any metallic material.
- 3 Don't fly your kite in the rain.
- 4 Don't cross streets or highways when kite flying.
- 5 Always fly your kite away from TV and radio antennas.
- 6 Always fly your kite far from power lines! Don't try to retrieve kites caught in power lines!

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YMCA leaders serious about training

At the West End YMCA camps, leadership and training are a serious business.

More than 100 area young people will serve as YMCA leaders this summer, and the YMCA is making sure they receive the best training possible.

"The ideal candidate has to bring enthusiasm into the program," said Therese Keane, program director responsible for the training of all camp leaders. "We're looking for the young person who wants to be an effective role model for the younger kids. If someone is just looking for a job or social contacts, we don't want them," she added.

Becoming a YMCA leader isn't easy. The training begins with meetings and classroom work in such varied subjects as leadership style, characteristics of different age groups, safety and first aid and values clarification. Up to 60 hours of training helps turn high school and college students of both sexes into effective and responsible leaders.

The high degree of training is vital, Keane said, because of the special purpose of YMCA camping programs. "We work on the whole person. We teach values for living and getting along with others. Our camps are not just 'going to the mountains for seven days,' she noted.

Leaders are recruited each spring by the YMCA. And more are needed every year due to the West End's increase in summer programs. Volunteer leaders (age 16 and over) and leaders-in-training (ages 14-16) work at the West End YMCA's Camp Oakes, Camp Bluff Lake, or Camp Lackey, all located in the San Bernardino Mountains. Others assist staff members at the rugged Outpost Camp where backpacking and mountaineering skills are taught.

Volunteer leaders are also utilized in the caravan program — leading campers in the coed Yosemite Caravan, or Girls Catalina Caravan or participating in the Utah River Caravan trip.

Positions are also open for the West End YMCA's day camp program where for 11 weeks this summer local youngsters will be enjoying games, craft projects, trips to the beach and special outings to Disneyland, Magic Mountain and Raging Waters. Paid positions as senior leaders are available to high school graduates over 18 years of age and willing to become Class II bus drivers. Volunteer

leaders are also needed.

High school students interested in serving as a YMCA leader may apply at the West End YMCA, 215 W. C St., Ontario. Deadline for applying is May 1. Oral interviews are currently being scheduled. New leaders plus those with previous experience with the West End Y need to apply. For more information, people may call Keane at 986-5847.

Forest rangers on the lookout

Continued from page 12

arrival of Spanish missionaries, the Indians were in the San Diego area. But they left precious little to remind us of that fact. The charred remains of an ancient campfire, a few potsherds here and there, and rocks made smooth from the grinding of thousands of acorns are about the only physical evidence that men and women had passed this way before.

Consequently, a rock in the forest can be significant for more than the fact that it exists. Eventually, this rock and the area around it could be designated an archaeological site and entered in a statewide computer inventory of significant prehistoric and historic cultural remains in California.

There are probably thousands of such sites scattered throughout the 18 huge national forests in California.

But no one knows for sure how many more may be out there, because no one has ever conducted a scientific survey of every inch of the millions of acres of public land in the state. And the Forest Service is only one of several federal and state agencies that have responsibility for managing public lands in California.

Since the turn of the century, Congress has passed dozens of laws mandating the protection of archaeological resources on

public land as an irreplaceable part of the nation's heritage. As a result of those laws, federal officials estimate that up to \$200 million a year is spent to find, record and salvage archaeological and cultural resources on public land slated for development.

Every time a government agency in California plans a project on public land — a timber sale or mining permit, a land exchange, a prescribed burn, construction of a campsite or a road, or even the reseeding of a grassy area — the area first must be surveyed for archaeological or cultural resources.

If anything is found, a professionally trained archaeologist must determine whether it is significant enough to warrant protection. Although the law does not require that a significant site be preserved, it does require that information be collected and any artifacts salvaged and saved before the bulldozers arrive.

Until recently, the Forest Service didn't employ full-time professional archaeologists; any work that had to be done usually was conducted by independent archaeologists hired temporarily to investigate a specific site.

Although all of the national forests in California now have one or more professional archaeologists on staff, that's not enough to handle all of the archaeological survey work that may be necessary in a given

year. Budget cuts have made it increasingly difficult to hire contract archaeologists.

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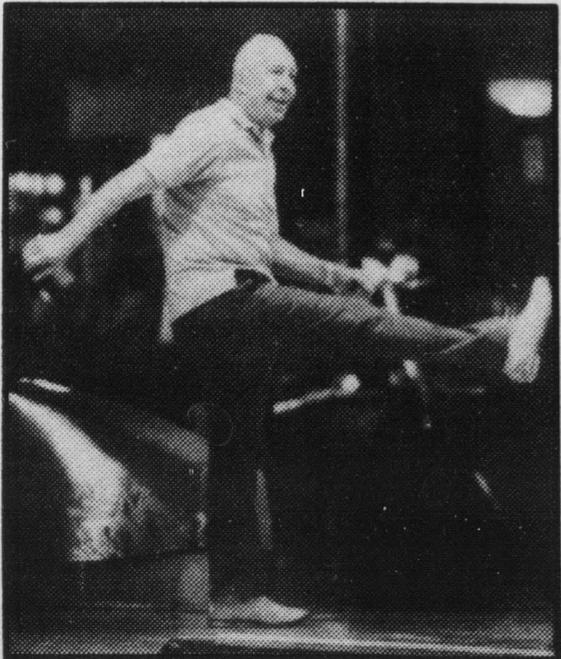
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Seniors Strike



"I'd sooner bowl than eat," says Suzanne Solters. She once bowled 14 straight games when there was a 25 cent special. "She's nuts about bowling," says her husband, George.

But so are most of the senior citizens who bowl in the Friday afternoon league sponsored by the Rancho Cucamonga VIP Seniors, according to George Solters, a resident of Upland. Elmer Lisenbe, the league's best bowler with an average of 178, bowls in three leagues a week. He has been bowling for 20 years. "But I worked all that time," says the West Covina resident. "Now

I'm having fun. I just love it — my retirement."

Their shared love and enthusiasm for the sport brings the 56 senior bowlers with varying levels of experience and performance to Landmark Bowl in Pomona from all over the valley.

"I'd never bowled in my life until last year," says Lucia Rossetti of Ontario. "My friend was bowling. I said, 'I want to start.' I just love it."

Despite only three years of bowling, Zelda and Steve Davis of Ontario are on the first place team. Their secrets for success differ. Steve says it takes a lot of practice on a variety of lanes. He

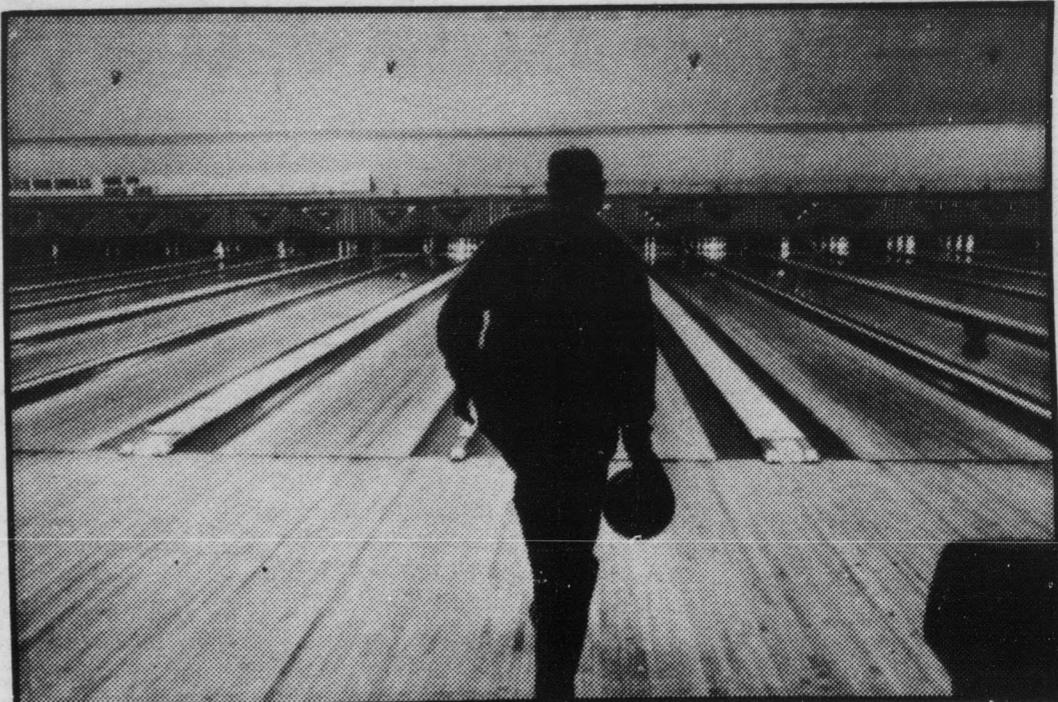
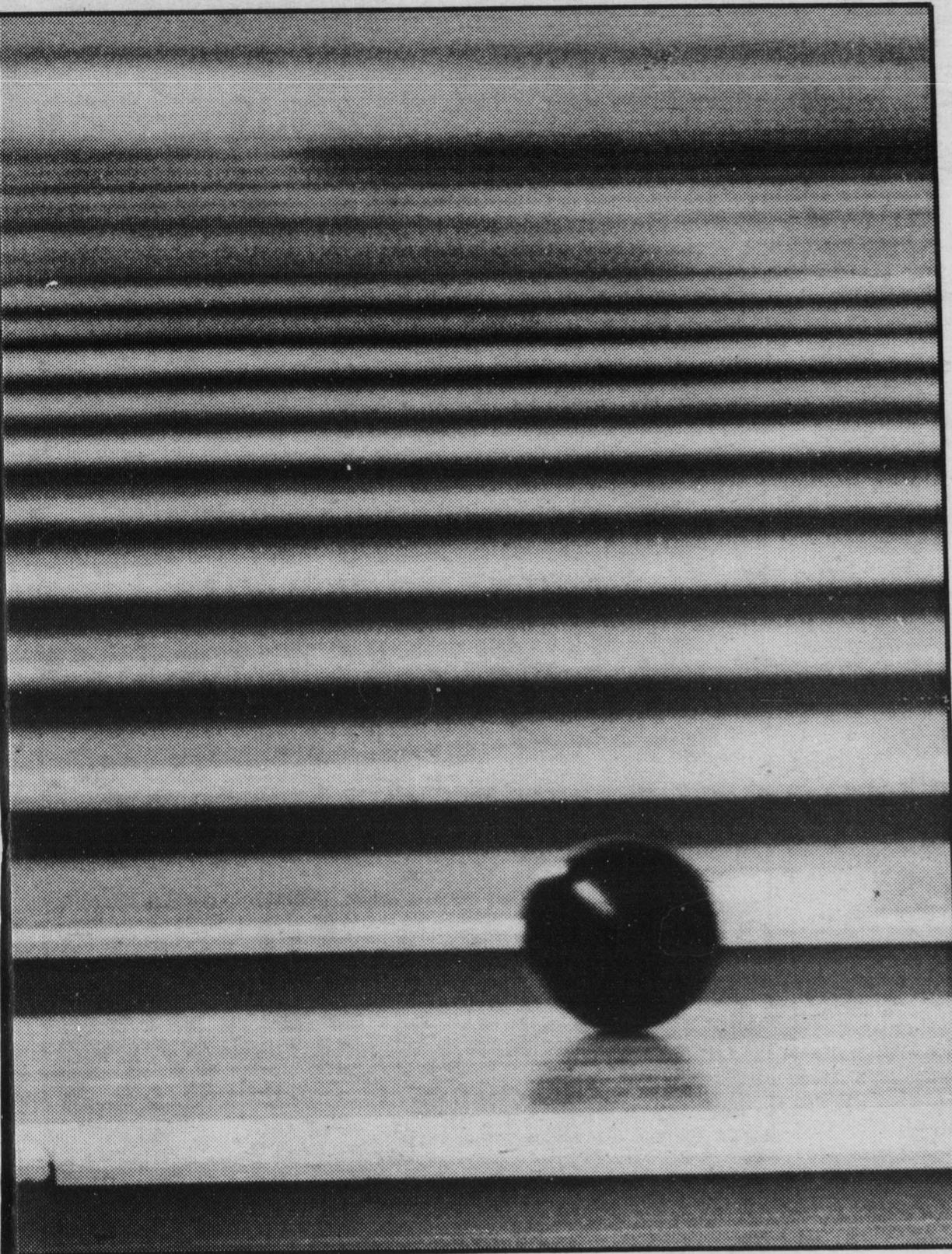
also reads a bowling magazine. "The most important part of bowling is pitching out and following through," he adds. "The luck you make yourself."

Mrs. Davis has another approach. "Just get the hell out there and do the best you can," she says.

While her strategy seems to work, she doesn't relax. "The only problem with being on top is you have to fight harder to keep up there," she says. "I gotta get going, my opponent's beating me."

An injured knee cap doesn't stop Mrs. Davis. "I can't stop. I gotta keep going," she says.

Back



Clockwise from far left Suzanne Solters loves to bowl so much that she would rather bowl than eat. Mike Bezuhly makes his approach and prepares to release his ball. Gene Snyder watches closely as he keeps score. George Solters watches his ball near the pins and gives a high kick, one of many such moves bowlers ritually make after releasing the ball.

Story by Karen Pyke

Photos by Deanne Edwards

Favorites make up America's salad bowl

By Patrick Denton
Copley News Service

I found it very interesting recently to look down a list of All-America Selections' award-winning vegetables still on the market. Among them, I found many of our own family favorites.

It struck me, too, that such a list would be an excellent guide to choosing good varieties for our 1985 gardens, for these winners represent the very best in their class — the tastiest, most productive and pest-resistant, the most space-efficient and beautiful among vegetables of their kind.

Of all the past award-winning vegetables, the edible podded pea Sugar Snap has proved by far the most popular. And now there is Sugar Ann, an earlier, shorter-vined version of Sugar Snap. The runner-up in popularity among past All-America winners is Green Comet, my own personal favorite early broccoli.

Each year, though, I try other,

newer varieties of broccoli. I maintain a planting of Green Comet for a reliable early crop, and I usually make a second swing in late spring or early summer for a fall crop. Green Comet produces good-size shoots after the main head is picked, and continues for weeks, until a hard frost.

If you're looking for an extra-sweet and juicy cucumber that's easy to grow, try Sweet Success, a 1983 winner. It's proven my easiest, most productive good quality cucumber in the past three years in our garden.

Probably one of the greatest developments in lettuce came with the 1952 award-winning leaf lettuce, Salad Bowl. This is the leaf lettuce par excellence for the home garden. It is most beautiful, forming a perfect rosette of closely set, highly decorative deeply laced leaves that stay sweet, tender and crisp on vigorous plants all summer.

Another All-America winner is Buttercrunch, generally considered the highest quality butterhead lettuce ever created. Its leaves are thick and juicy, the

head small, compact and heavy.

A third award-winning lettuce, and one of my favorites, is Ruby, a real beauty with heavily frilled wavy leaves shaded intensely with red. This is a beautifully formed, rather upright leaf lettuce that is a delight to both eye and palate.

And this year brings us the award-winning red lettuce, Red Sales.

Among sweet peppers, the 1981 winner, Gypsy, is one I've grown each year since I received trial seeds in 1980. Unlike most other sweet peppers in cool summer climates, Gypsy is a reliable producer of thick-walled, juicy, sweet fruits.

The pumpkins we grow each year are Spirit, a 1977 winner, again because they reliably produce, on space-saving vines, two to three perfectly shaped fruits per plant. The fruits are an ideal size for jack-o'-lanterns and the flesh makes delicious pies.

Melody, another 1977 winner, has been the best spinach each year so far in our garden. Each plant produces masses of lush, deep-green, thick and tasty

leaves. I like Melody best in spinach salads, though often we steam the freshly washed and chopped leaves over a thin layer of oil seasoned with garlic.

My two favorite zucchini varieties are All-America award winners. They are Gold Rush and Greyzini. Greyzini is gray-green, and the best tasting zucchini ever. Gold Rush has a waxy, bright golden skin and drier

texture than other zucchinis, which makes it the best one for frying.

Last year's award-winning tomato, Celebrity, is a variety I also can heartily recommend. Trial seeds grown in my own and friends' gardens have consistently produced robust bushes that bear reliable, heavy crops of extraordinarily tasty fruits.

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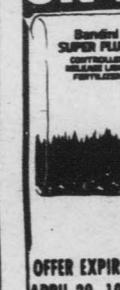
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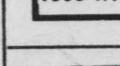


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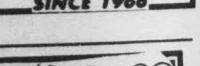


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PETS

By R.G. Elmore, D.V.M.
Copley News Service

Q. We recently purchased a female miniature poodle from a local kennel. During a routine physical examination, our veterinarian diagnosed a heart defect.

Our veterinarian said that a connection between the aorta and pulmonary artery had failed to close and that our dog had a heart murmur. We were quite surprised because the puppy has appeared to be healthy — we had just taken her in for routine shots.

Can you give us some information about this problem?

A. The occurrence of heart abnormalities at birth in dogs is quite common. The incidence of congenital heart anomalies in dogs has been reported to be approximately 1 percent. Because many puppies that are dead at birth or that die soon after birth never are examined by a veterinarian, the true incidence is unknown.

From your description it is likely that your puppy has a patent or persistent ductus arteriosus.

While the offspring still is in the uterus, there is a connecting artery between the pulmonary artery and the aorta. In effect this allows most of the blood to bypass the lungs.

Prior to birth the fetus gets its oxygen from the placenta. Therefore, it is unnecessary for all of the blood to circulate through the lungs to become oxygenated prior to being sent to the rest of the body. Of

course, after birth it is necessary for the blood to be sent to the lungs so that it can be oxygenated.

Normally the very short ductus arteriosus closes shortly following birth and becomes a ligament called the "ligamentum arteriosum."

The patent ductus arteriosus abnormality is inherited as a polygenic defect in miniature and toy poodles. Other breeds that are most often affected include collies and Pomeranians. It is interesting to note that patent ductus arteriosus also occurs in humans.

The diagnosis of patent ductus arteriosus is suggested by hearing a very characteristic heart murmur with a stethoscope. This murmur often is called a "machinery" murmur. Additional tests such as X-rays, electrocardiograms and

ultrasound techniques often are used to confirm the diagnosis.

Most veterinarians recommend surgery to correct the defect, as soon after the diagnosis is made as possible. A few affected dogs have exhibited heart failure while waiting to grow.

Surgery to correct a patent ductus arteriosus involves placing a suture around the offending artery and tying it off. The surgery is not complicated and there usually is very little risk involved. Aftercare usually includes limiting strenuous exercise for a few days and giving the dog antibiotics.

Questions should be mailed to R.G. Elmore, D.V.M., Points on Pets, Copley News Service, in care of this newspaper. Volume of mail prohibits individual responses. Only questions of general interest will be answered in this column.

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Gardeners coming out of hibernation

Spring has "sprung" and the selection of colorful annuals is becoming more and more abundant in your local garden center. The sizes and shapes besides the colors vary as much as our tastes.

Right now, it is possible to come up with more blues than at any other time of the year. The pansies, with or without their delightful faces, ageratum, alyssum, violas and more are all waiting to be planted. A dash of white in the form of all those mentioned is also available, though you should add perennial candytuft as one of the flowers to carry the color show of white. Its dark green needle-like leaves and spreading qualities will tie in with any future plantings of other annuals.

Of course, if blue and gold have a special meaning, then the golds and yellows of the dwarf marigolds would work their magic. If it is taller plants you want, there are enough sizes of marigolds to please anyone and they will paint a striking blue and gold garden picture when mixed with the blues of the annual mentioned above.

If you want a garden with less formality, then the wild and tempting colors of both stock and snapdragons, from carpet to tetras, will brighten any yard. Marigolds also have a diversified assortment of shades with colors ranging from a light straw color thru all the yellows, golds and oranges to a mix of rust and brick combined with every other shade. There still may be some Iceland poppies available along with calendulas and other winter/winter bloomers.

Now is the time to look for some of those special items that add to your meals yet are seldom available fresh at the store. Yes, the ordinary vegetable starter plants are in now and in good supply. Most nurseries have fresh plants several times per week. But stroll over to the herb section and check them out. A nice little pot of chives can grow well in the window and with a snip of the scissors you can give a fresh sparkle, in color and taste, to many culinary dishes. The use of fresh herbs in the soup pot will surprise and please the skeptic.

This is the time to start your own salad bowl of lettuces and onions, shallots, garlic, leeks and chives which will add a flavor punch on the simplest dish.

Check with your nurseryman advises the California Association of Nurserymen to see what is available in your part of the state to bring your garden to its peak in color and productivity. Springtime gardening is rewarding as well as fun to do.

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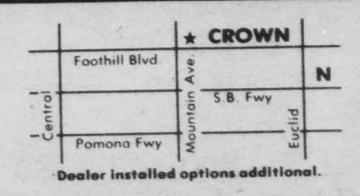
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Tips to take to burglar-proof your home

By Herb Lawrence
Copley News Service

Most of us during our lifetime become either a victim of burglary, attempted burglary or know a neighbor who has been hit by one.

Being the victim is never pleasant. It makes us feel that our sanctuary — home or condominium — has been violated. So it certainly pays to do all we can to prevent a break-in.

The U.S. Department of Justice recently reported that many people don't take rudimentary precautions against burglary. According to the department, 42 percent of all household burglaries — or more than 3 million — show no forced entry. Offenders entered through an unlocked door or window or used a key.

The Justice Department said that in recent years, more than \$3 billion was lost annually to burglaries nationwide.

There are about 340 burglaries every hour, according to the department. Only about 15 percent are solved.

Authorities say there are ways to slow property crimes, but it takes thought and action — although not a great deal of expense.

The best defense against burglary, says the Justice Department and other police agencies, is not just a locked door, but "time." If you can make it difficult for the burglar to enter you increase the chance of arrest and of discouraging the entry.

The second defense is "noise." An alarm system can pay dividends both ways. It can frighten off a potential intruder, alert neighbors or the police to an unusual occurrence.

Lighting also has proved to be an effective deterrent to discouraging troublemakers. Studies have shown that keeping lights on, giving a home a lived-in look, can reduce burglary by 50 to 90 percent.

It's possible to make it difficult for a burglar from getting into your home by using the proper locks and locking doors. But some locked doors can be opened with a credit card. If yours doesn't have deadbolts

you should install one.

Windows, garages and sliding glass doors can be secured with good-quality hardware, available in many cases for less than \$10 each. Another tip is not to leave a key in an obvious place around the house. When vacationing, leave it with a trusted neighbor.

Also, make it hard for an intruder to gain access to windows by pruning low-lying branches. In summer, trees and bushes are fuller and the foliage could be good camouflage.

Alarm systems can be effective, but only if they're used. A surprisingly large number of systems are simply turned off by the owners because they've had too many false alarms.

To avoid these headaches, the experts say to be wary of radio frequency based systems, which may be susceptible to interference from cordless telephones, home computers and other radio signal-emitting devices. Instead, look for one that operates on audio frequency.

Also keep in mind that an alarm system is only as good as

its ability to withstand an intruder's attempts to disable it. Avoid those that can be rendered useless simply by smashing a central control unit.

Alarms don't have to be hard to install to be effective. Some systems simply plug into electrical outlet and are easily and inexpensively expanded in case you move or remodel your home.

It also is wise, the authorities say, to paste a decal or sticker on a window announcing a burglar alarm is in use.

Exterior lights can illuminate someone sneaking around your home and perhaps cause a potential burglar to think about going elsewhere for fear of being easily detected.

For a few cents' worth of electricity there are timer/dimmers that will operate in your absence or control outside lights in your presence without you moving from the easy chair.

For security, a switch that fits into the wall and turns indoor and outdoor overhead lights on and off frequently is available. One firm, Diablo Technologies, manufactures lamp and

photoelectric timers that can sense daylight automatically. These units turn outside and indoor lights on at dusk and off at dawn and even compensate for daylight savings time and power outages.

There are some other precautions that should be taken when you go on vacation:

- Put your radio or television on a timer that will turn it off and on several times during the day and night, giving the impression someone inside is listening.

- Consider having your air conditioning system set on a timer. Burglars prey on homes with an air conditioning turned off on a hot day.

- Turn the bell down on your telephone to keep the ringing from being heard outside. Don't record a message on your telephone answering machine saying you're on vacation. Say instead that you're unable to take the call.

- Ask your neighbors or friends to close the drapes occasionally, but leave them in an open position if you leave during the daytime to better afford a neighbor a look into your home.

Womens' group to sponsor 'Shamrock' fashion show at Bretheren church

A "Shamrock Fantasy" luncheon and fashion show will be given March 9 by the Pomona Valley Branch of the American Association of University Women at the Church of the Brethren, 2175 Bonita Ave., La Verne.

Grace Gius, immediate past

president, is chairman for the annual party to raise money for AAUW Fellowships.

Sophia Pearman, first vice president, is in charge of decorations, while prizes are being arranged by Eva May Hull and Margaret Womack.

As commentator, Erin Mulcahy

will describe the fashions from Atwoods of Upland.

Music will be provided by Evelyn Tinner of the Pomona Valley Musicians Club.

Dorothy Tryon, president, invites all members and friends to call 861-0250 or 593-1278 to make reservations.

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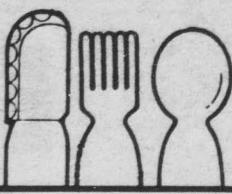
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ENTERTAINMENT & DINING GUIDE



FILMS IN FOCUS

Openings

"CERTAIN FURY" (R) NR — Tatum O'Neal and Irene Cara star in this action drama about two very different young women forced together after being mistakenly charged with murder. With Nicholas Campbell, Peter Fonda, Moses Gunn and George Murdock. Directed by Stephen Gyllenhaal.

"IN THE NAME OF THE PEOPLE" Good — Frank Christopher and Alex Drehsler put together this behind-the-lines view of Salvadoran leftist guerrillas, which is strongly sympathetic to them but not merely propagandistic. They live (and die) as real people. It is up for an Oscar.

"MISSING IN ACTION 2: THE BEGINNING" (R) NR — Chuck Norris returns in a "prequel" tracing the origin of tough Jim Braddock, and his 10 years of hellish captivity in Vietnam. Not that he takes it lying down. Directed by Lance Hool.

"THE SURE THING" (PG-13) Good — Director Rob Reiner's comedy stars the completely appealing John Cusack as the wise-guy college kid who wants "the sure thing" (Nicollette Sheridan) but realizes that some mystery (Daphne Zuniga) is more exciting. Zuniga is a bit too pat as the "nice" girl who wakes up to possibilities, but Cusack puts a buzz into almost every scene, and so does the witty script. With Anthony Edwards, Boyd Gaines and (unexpectedly funny) Viveca Lindfors.

"TOMBOY" (R) NR — Betsy Russell stars as Tommy, an ace mechanic who prefers auto repair and car racing to developing feminine qualities until she meets up with her racing idol (Jerry Dinome) and has to prove both. With Richard Erdman, Kristi Somers and Philip Sterling. Directed by Herb Freed.

RECENT RELEASES

"AMADEUS" (PG) Excellent — A triumphant effort, and sometimes achievement. Tom Hulce is a giddy flower child Mozart and F. Murray Abraham the court composer Salieri, who (says writer Peter Shaffer) used Mozart's genius to murder him. Milos Forman directed, without Mozartean subtlety but with great emotional force.

"THE BREAKFAST CLUB" (R) Fair — Ingratiating young actors (Emilio Estevez, Molly Ringwald, Judd Nelson, Anthony Michael Hall) can't do enough to save John Hughes' glib movie about kids in a high school detention class. As they open up to each other, the film becomes a puree of cliche (including a rock video interlude). Ally Sheedy plays a chic weirdo, badly, and Paul

Films are violent these days

Gleason is the dodo supervisor.

"DUNE" (PG-13) Poor — An epic bore. It's embarrassing to watch \$45 million so poorly spent and director David ("The Elephant Man") Lynch sinking into the quicksand of Frank Herbert's jargon-ridden epic about a desert planet full of worms and warriors. It's a bloated synopsis of the novel, and wasted effort for Sting, Jurgen Prochnow, Max Von Sydow, Jose Ferrer, Sian Phillips, Linda Hunt, Dean Stockwell, Freddie Jones and (as a lively creedo) Kenneth McMillan.

"FAST FORWARD" (PG) Poor — A plastic puppy let loose on the public by director Sidney Poitier. It's another teens-gotta-dream fable, this time about Sandusky, Ohio, kids who go to New York for a "Star Search"-style dance show. They shake their hips, and their acting makes our jaws drop. Comic relief of sort comes from Irene Worth, who plays their hip-to-it-all rich lady manager.

"HEAVEN HELP US" (R) Good — There's a subtle love scene and some rich if not subtle comedy about the cruel rituals of a Catholic boys' school in Brooklyn, circa 1965. The talented young cast knows how to make the gags play without clowning, and good older trouvers include Donald Sutherland, Kate Reid, Wallace Shawn and, as a hip monk, John Heard. Michael Dinner directed feelingly, and the story does add up.

"THE KILLING FIELDS" (R) Good — Despite a few clumsy, sanctimonious touches, this movie brings us close to the horrid carnage of modern Cambodia. Sam Waterston plays, very earnestly, New York Times correspondent Sydney Schanberg. Haing S. Ngor, an actual Cambodian refugee, plays his colleague Dith Pran, who remained for the full serving of hell. With a wiggy, dashing performance by John Malkovich as a photographer. Directed by Roland Joffe.

"MASS APPEAL" (PG) Fair — Jack Lemmon gets back into form as the breezy priest who wants to be loved so much he's no longer priestly. He's a lightweight with soul. This filmed play is an arena for actors, who sometimes rise above the clip-clop patter and soft profundities about Catholicism in crisis. With Zeljko Ivanek as a hotly idealistic seminarian and Charles Durning as his menacing superior. Glenn Jordan directed in trim TV style. Lemmon's worth seeing.

"THE MEAN SEASON" (R) Fair — A rather mean-spirited movie, about a Miami crime reporter (Kurt Russell) who becomes the mouthpiece of a psycho killer (Richard Jordan). Director Phillip Borsos hasn't tied it together, and he goes for cheap touches, like a "Psycho" shower scene that turns into a joke. Mariel Hemingway is a standard-issue girlfriend, and Russell's a regulation crackerjack reporter, but Jordan has some good slimeball acting scenes as the cagey killer.

"PROTOCOL" (PG) Poor — Even Goldie Hawn's darling charm sinks into the void of this comedy (wretchedly written by Buck Henry) about a cocktail waitress who becomes a tell-it-straight diplomat and populist heroine. She's a Mary Lou Retton type, but the movie is no Olympics. With Richard Romanus, Andre Gregory, Chris Sarandon. Weakly directed by Herbert Ross.

"THE RIVER" (PG-13) Excellent — An honestly moving film about a farm family fighting floods, debts and a ruthless landowner. Sissy Spacek, Mel Gibson and Scott Glenn do first-rate work, the kids are good, and even better is Vilmos Szigmond's photography of land, river, people and animals. Mark Rydell directed.

"THAT'S DANCING!" (G) Fair — Spirited anthology of old

movie dances, from Pavlova to Baryshnikov, Astaire to John Travolta. It doesn't have any focus and the narrated insights from Ray Bolger, Gene Kelly, Liza Minnelli, etc. are standard puff, but there's fun in watching Bill Robinson, Cagney, Astaire, Eleanor Powell and other hoofers.

"TURK 182!" (PG-13) — More pinhead entertainment from "director" Bob Clark ("Porky's," "Rhinestone"). Timothy Hutton stars as a New Yorker who becomes a folk-hero crusader for his brother, a hospitalized fireman abused by the city administration. Except for some slick fun from Robert Culp as the mayor, this clod comedy runs into a stone wall of improbability. With Robert Urich, Peter Boyle, Darren McGavin and

Barbershop Quartet society to hold get acquainted nights

The Pomona Valley Chapter of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America Inc. will hold a get acquainted open house at 7:30 every Tuesday night in March in its meeting room in the Rancho Park Community Center, 1500 W. Cypress, San Dimas.

During the evening the Carousel Chorus will perform and guests will be invited to join

Kim Cattrall.

"VISION QUEST" (R) Fair — Matthew Modine plays a high school wrestler who dreams and sweats to beat the beast Shute (Frank Jasper). Modine is a fresh talent, but he could go stale fast in these teen-star jobs, which milk his charm in very slick situations. Harold ("Black Marble") Becker directed, beneath his talent, and Linda Fiorentino is the tough babe who warms up to Modine. With Ronny Cox, Charles Hallahan and singer Madonna.

"WITNESS" (R) Good — Harrison Ford is a tough cop who runs for cover in an Amish community, where he meets a lovely widow (Kelly McGillis). Their tentative romance heats up the story, and so does the contrast of Amish piety and city-boy cynisms. It's well acted, and directed with savvy by Peter Weir.

in the harmony.

The local chapter is a member of the international society composed of more than 38,000 members in more than 800 chapters located throughout the United States and Canada.

The Society also offers a broad program of music education for men interested in furthering their appreciation and knowledge of music.

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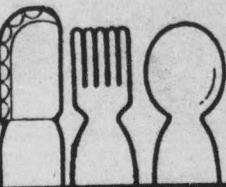
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ENTERTAINMENT & DINING GUIDE



Timothy Hutton hedges his bet in 'Turk 182'

By Bill Hagen
Copley News Service

HOLLYWOOD — It wasn't all that long ago, at a promotional bash for "The Falcon and the Snowman," actually — in which Timothy Hutton plays yet another serious and an intense young

man — that Hutton was asked whether he might not be risking stereotyping as a serious and an intense young man.

Since he burst upon the big-screen scene with an Academy Award-winning performance in "Ordinary People," that has been his forte. Forte? It's been his

career.

Hutton thought intently before answering seriously. Nah. Anyhow, he allowed upon additional pondering, it's better than playing the other kind of young man so favored by Hollywood, the airhead.

Well, now comes "Turk

"182" and it seems Hutton has hedged his bet a little. In this rather pathetic outing he plays a serious and an intense young airhead.

Not that Hutton is pathetic as a sort of New York City folk hero — for all its claims to sophistication, New York City is an absolute pushover for

folk heroes — who defaces a lot of property in a crusade against the city's mayor. (A sure indication that this movie was in trouble from the outset is that Mayor Ed Koch does not play the mayor. Koch would play either end of a horse if there was worthwhile publicity in it.)

A white wine is waiting behind all the bubbles

By Dan Berger
Copley News Service

"Behind the bubbles there is a wine," said Alain Seydoux in a rumbling baritone, lifting his glass and tasting his wine. "And this is wine."

The wine was Gratien Brut, a sparkling wine from the Loire

Valley. It is made in the style of Champagne, and otherwise is a kissing cousin to Champagne, although it is made primarily from Chenin Blanc. Champagne is largely Pinot Noir and Chardonnay.

Seydoux does not say his wine is better than Champagne. Indeed, since he is affiliated with

both Saumur and the Champagne region of France, he wears two hats. His firm, Gratien, Meyer, Seydoux et Cie, handles Alfred Gratien Champagne as well as sparkling Saumur.

"Champagne is still the king," he rumbled. "If it is well made, that is. If it is not very good, well,

then Saumur is a very good value for the money."

He pointed out that many people like buying fancy Champagne just because it says "Champagne" on the label and that in fact a good portion of true Champagne is priced too high. "They are label drinkers, they like drinking the label, not

the wine inside," he said with a twinkle in his eye.

"How would you like your label? On the rocks?" he said, mockingly.

Gratien Brut Sparkling Saumur is a fine example of the crisp, dry beverage that offers complexity at a price. "It is an (Continued on page 22)

Club to hold musicians' competition

The Musician's Club of Pomona Valley has announced that their yearly competition for young musicians of high school age and under who are students of Pomona Valley music teachers or students of Musician's Club member teachers (who may reside out of the Pomona Valley area) will take place on Saturday, May 25 at Thatcher Music Building and Little Bridges Auditorium from 9 a.m.-3 p.m. at Pomona College, College Avenue and Fourth Street, Claremont.

Preliminary auditions will be held Saturday, May 4 from 9 a.m.-3 p.m. at Pattison Hall, Scripps College, Claremont.

French art is the subject of series

"Art of Provence," a four-part illustrated lecture series in the Los Angeles County Museum of Art's William Keighley Art and Architecture Lectures, is being offered on Saturdays March 9, 16 and 23 at 1 p.m. in the Leo S. Bing Theater.

This lecture series will highlight the cities of Arles, Avignon, Aix-en-Provence, and Nimes, exploring and defining the richness and variety of the provencal traditions. The artistic legacy of the region of Provence in southwestern France is rich with monuments of great diversity and age.

The entry deadline has been set for April 20. Announcement of winners will take place at 8 p.m. in Little Bridges Auditorium on May 25. All contestants must be present. Any winner not present will forfeit their award. First place winners will present the program.

The competition for piano, organ and instrumental students will require the student to play one composition from baroque or classic music and one composition from romantic or

contemporary music. Voice students will be required to sing an aria from opera and oratorio and an art song, or, two art songs, or, a selection from an operetta and one art song. Entrants in an open category will be required to perform two competitions, and those in the Original Composition category (age through high school) will be required to enter one composition.

For more information, call Lorraine Young at 593-1126.

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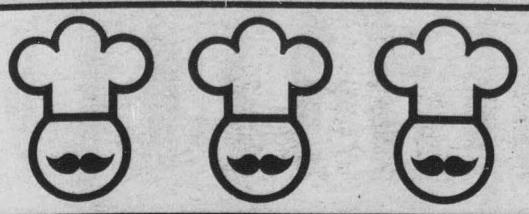
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DINING GUIDE



This Week's Featured Restaurant:



Graziano's Italian Restaurant, 1615 North Mountain Avenue in Upland is surely one of the finest authentic Italian restaurants to be found in the West Valley. With a touch of elegance, coupled with the warm family atmosphere, the restaurant follows the tradition of Southern Italy offering a cuisine both spicy and delicious.

The family owned and operated business has been serving West Valley patrons since 1971, with specialties including Veal Cutlet Parmeasan, Eggplant Rollatine, Fettuccine "Alfredo" and Linguini with Clam Sauce. Other not-to-be-missed specialties include pizzas with a variety of traditional toppings and more than 50 sandwiches designed to please even the most persnickety palate. All sandwiches are made to order with a choice of cheeses: Mozzarella, Provolone, Swiss or Pepper Cheese. Imported Capocolle, Salami, Pastrami, Roast Beef, Meat Ball, Sausage, Ham, Veal and Even Eggplant Filled sandwiches for hungry customers.

Special sandwiches including the Vegetarian, the Beefeater and the Monster, as well as an Italian hamburger or cheeseburger are available for take out as well as dining in.

Dan and Mona Guida, owners of Graziano's said they have tried to create a classy atmosphere in which families can relax and enjoy. "You don't need to wear a suit and tie to our restaurant". Dan said.

Dan and Mona keep the family in the business, with Danny, Janet and Kenny Guida all working with mom and dad.

True to the Italian decor and charming atmosphere patrons can find a romantic little alcove with which to romance someone special with a glass of wine chosen from the restaurant's lengthy wine list.

Daily lunch and dinner specials are offered. All dinners include a choice of soup or salad, garlic or cheese bread, coffee or tea.

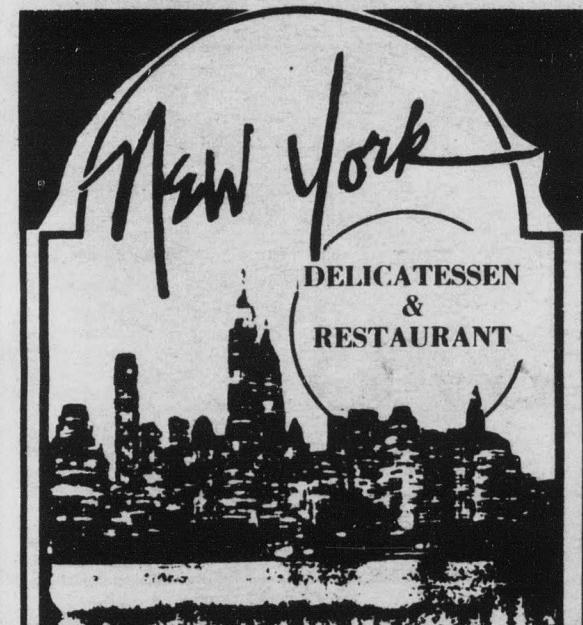
The antipasto buffet table, open all day and evening, features crisp green lettuce, marinated mushrooms, marinated artichokes, three bean salad, pizza, hot meatballs, sausage, bread, cheeses, olives, peppers, and many more delicious things to try.

Top off your meal with one of the many Italian pastries, Italian ices or cheese cake with fresh strawberries. For a more sophisticated flare you might try cappuccino ice cream, espresso ice cream, spumoni, or tortoni.

Graziano's Italian Restaurant is located in the Mountain Plaza, Upland, at the corner of 16th Street and Mountain Avenue. Hours are 11 AM to 10 PM Monday through Sunday. Reservations are not needed but do call ahead for take out as to allow preparation time, as Graziano's food is cooked to order. All major credit cards are accepted. For more information, call 981-3400 or 981-2924.

Banquet facilities and experienced catering services are also available.

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A good wine behind all of the bubbles

Continued from page 20

alternative to Champagne, not a substitute for it," said Seydoux.

Two grape varieties make up sparkling Saumur — chenin blanc and cabernet franc. The second fermentation that is used to produce the bubbles is the traditional méthode champenoise that is used in Champagne. As the wine ages in the bottle, it picks up some of the same complexity found in Champagne.

Gratien Brut and other sparkling Saumur wines sell for a fraction of the price of Champagne, generally less than \$10 a bottle. They usually are good value.

"I like very much the challenge of Saumur. The problem is getting people to discover it. Once they do, they like it," he said.

Gratien Brut never is vintage-dated, and he admitted that by making no vintage-dated wine, Gratien was low on the prestige ladder, since so many people assume that a vintage-dated product is better than a non-vintage product.

"We are experimenting with a little vintage-dated Gratien Brut," he admitted, "but it's only an experiment." He said Gratien Brut stands as a standard in non-Champagne French sparkling wine, which the house of Gratien has been making for 121 years.

We had almost finished our Gratien Brut. I had an ounce left in my glass. Seydoux said, "Shake it. Get the bubbles out and then taste the wine behind the bubbles." I did. He was right. There is a wine behind the bubbles.

Library sets its programs for the month of March

Free activities for children and adults are offered during March at the Montclair Branch Library.

Throughout the month, a large selection of "easy eye" print titles will be displayed in the library.

On March 19, Women's History Month will be highlighted by a seminar on California will, probate and family law. The program will begin at 7 p.m.

School-age children will enjoy viewing a variety of interesting and unusual wind toy crafts March 20. The crafts will be presented beginning at 3:30 p.m.

The impact of new tax laws on Social Security benefits will be discussed March 26 at 2 p.m. A representative from the Social Security Department will also be available for questions.

To register for any of these programs, contact the library at 624-4671.

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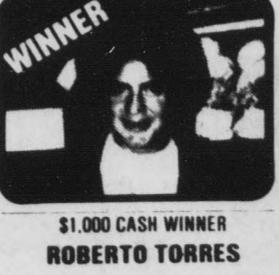
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HERE ARE JUST A FEW OF THE WINNERS IN ALPHA BETA'S CALIFORNIA DREAMIN' GAME!



Project has something for everyone

Gather fresh ideas for making young people more aware of their interrelationship with the natural and urban surroundings at the annual Environmental Education March 9 at the Los Angeles State and County Arboretum in Arcadia.

About 50 organizations ranging from Sierra Madre Mountain Rescue Team and the Wildlife Waystation to the California Department of Water Resources and Southern California Edison will have displays and demonstrations going on from 9 a.m. to 4 p.m. Saturday.

Most exhibits will also include "hands-on" activities, projects that will engross the kids as they learn a lesson in natural science.

A free idea exchange center lets you carry home plans for projects and outings that have proven successful as well as share descriptions of ones that have worked for you.

Everyone is welcome — individuals, families and groups — to enjoy the fair and then roam the 127-acre grounds of the Arboretum.

Everything is included in the Arboretum entrance fee of 75 cents for youths 5-17, students and seniors. Cost for adults is \$1.50.

The Arboretum is located at 301 N. Baldwin Ave., Arcadia. For more information, call (818) 446-8251.

Women's flying group will meet at Brackett

The San Gabriel Chapter of the Ninety-Nines, an international women's flying group, meets the second Thursday of each month in the pilots' lounge at Brackett Airport in La Verne. New members are welcome.

For more information about the group call Traude Gomez at 818-288-5388 or Nancy Gordon at 986-8253 or write to the 99s at P.O. Box 314, La Verne, 91750.

Christine Griffin wins drawing

Rancho Cucamonga resident Christine Griffin, has won a diamond and sapphire ring during a drawing for entrants of the Great Screen Gems Sweepstakes at Dickey Jewelers.

Griffin is now eligible for a nationwide drawing for an eight-day expense paid cruise of the Caribbean for two.

COMMENTARY**Finding the formula for a lasting friendship**

By Rev. Lee Truman
Copley News Service

Following a long session of counseling with a man who thought he had no friends, I condensed all I knew of friendship to find the formula. In essence, it is be honestly yourself.

When you are a truly authentic person and honestly place yourself face-to-face with someone who has the same interests, friendship cannot help but come out of the relationship. Apply this to your lifestyle and you have the basis for forming lasting and deep relationships that will be strong friendships all of your life.

Now underline the words "common interests," because common experiences and mind-sets form the bridges over which personalities can exchange commitment, which makes deep and lasting relationships possible.

How can this be done? Anytime you want to be something other than one of the crowd, you'll find a welcoming hand. If you decide to work for your political party, in a service club or in your faith, raise your hand and say that you would like to have a job. You will be inundated with offers, possibilities and opportunities you did not dream existed.

A word of warning: Don't expect a miracle the moment that you make an offer to work for some philanthropic organization. Friendship circles form slowly. As warmly as the newcomer may be welcomed, it is human nature to put that person on probation. If such a person proves to be an interloper, forcing his way in too rapidly, he is just as likely to be frozen out.

Friendship is a letting down of the walls between people. If this new person on the scene cannot be trusted with the sensitivity that comes with friendship, then the walls stand.

If you prove to be good-natured, industrious and willing to be open, and if you play the waiting game with skill and patience and show that you are not a judgmental or bitter person, friendship will not be long in coming.

At this point in counseling, there usually is a pause for objections. You would like more friends, you say? The people in your community are the limited circle open to you. You say you don't have anything in common with them? You want to select your friends from among sparkling, witty, talented, profound people. You want to go places and do things with these people.

I share the same kind of inner soul longing, but I do not know who these people are. I have found that in prison or the academic community, in the business world or in the church, there are as many bores as in any other area of life's people pool.

After a good deal of reflection, I have concluded that the smart society of which you and I dream really is pretty much of a myth.

Consider that the really great writers describe ordinary folk. The acknowledged master painters put familiar scenes on canvas. The eloquent orators turn to the people for inspiration and guidance.

It is a marvelous thing to have a friend, but you have to allow that person to authentically be his or her own self. Sharing honestly, without pretense, forms the bonds that make up the cable of honest friendship — even sharing and appreciating your common dullness.

It is no cliche that "to be a friend is to have a friend." Be what you want to find and you soon will find others of like mind looking for you. It works every time.

Local chapters being organized by international group, B'nai B'rith

B'nai B'rith, an international Jewish women's organization, is forming new chapters in the area.

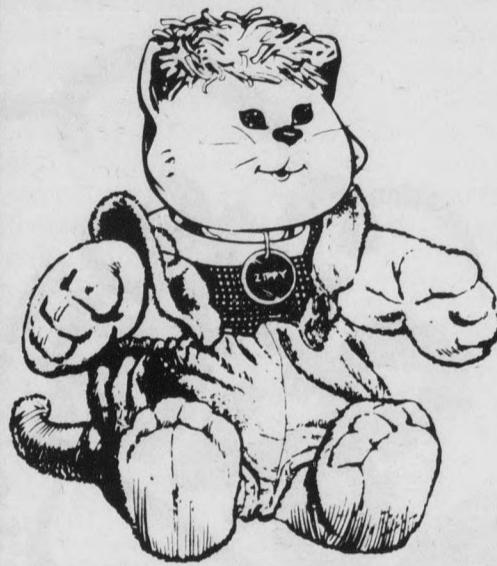
Membership is being offered in chapters that will include a business/professional one, offering women the opportunity to meet fellow professionals, network, provide a support system among career/

professional women and exchange ideas and information.

Non-business and professional women might be interested in the diversified programs, community services and multi-faceted activities offered by B'nai B'rith Women.

For more information, call 861-7509 or 626-0235 evenings.

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MONDAY-SATURDAY 10:00 AM-9:00 PM; SUNDAY 11:00 AM-6:00 PM

CALENDAR

Continued from page 24

Taking Off Pounds Sensibly CA 898
Upland meets evenings from 6:30 to 8. For more information in TOPS, or meeting location, call 985-3760.

The Rancho Cucamonga Toughlove Parent Support Group meets at 8 p.m. at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway. The program helps parents deal with the stress on the family and provides techniques for firm-yet-loving guidance for troubled teens.

Cucamonga District Lions Club meet the second and fourth Wednesday at Hens and Herefords, 8874 Foothill Blvd. in Rancho Cucamonga at 7 p.m.

Cucamonga Elementary School District board of trustees meets the second Wednesday of the month, at 7 p.m. in the district's board room, 8776 Archibald Ave. in Rancho Cucamonga.

Rancho Cucamonga's Planning Commission the second and fourth Wednesday of the month at 7 p.m. in Lions Park Community Center, 9161 Base Line Road, Rancho Cucamonga.

Central School District board of trustees meet the second and fourth Wednesday of the month at 7:30 p.m. at district office, 9457 Foothill Blvd. in Rancho Cucamonga.

THURSDAY 14

Full Gospel Businessmen's Prayer Breakfast is held every Thursday morning at 6:15 a.m. at the Iron Skillet Restaurant, H Street and Euclid Avenue in Ontario.

Soroptimist International of the Foothills meets every Thursday morning 7 at Astara, 800 W. Arrow Highway and San Antonio in Upland. For more information, call 982-5330.

Rancho Cucamonga VIP Seniors hold their weekly meeting today at 9:30 a.m. Membership is \$2.50 per year and open to anyone 50 or older. Meetings are held at the Rancho Cucamonga Neighborhood Center, 9791 Arrow Highway.

Preschool storytime is held every

Plant your own salad

Concern for one's health and fitness has increased in the last few years. Part of this is good nutrition and America is in love with salads. It's easy to grow your own salad right in your backyard.

First, let's begin with the leafy greens. There are four types of garden lettuce from looseleaf, crisphead and romaine to butterhead. Planting these will give you an appealing array of flavors, textures and colors.

For color in the salad, plant carrots, beets, radishes, cucumbers and different types of tomatoes. America's Number 1 home-grown vegetable is the tomato. It is a good all-around vegetable with a strong balance of nutrients and lots of variety. Experiment with cherry tomatoes, pear tomatoes, yellow tomatoes and beefsteak-type tomatoes as nothing beats the taste of a juicy, vine ripe tomato in a salad!

When cooking your fresh grown vegetables, it's best to steam them.

Thursday morning at 10:30 a.m. at the Upland Library, 450 N. Euclid Ave.

Upland Host Lions meet in the Upland Women's Club at 12:15 p.m. every Thursday, 590 Second St.

Al-Anon, family members of alcoholics, meets this evening from 8 to 9:30 at the Church of Jesus Christ of Latter Day Saints, 1111 W. 14th St., Upland, 8 to 9:30

p.m.

Alcoholics Anonymous meets from 8 to 9:30 at the Neighborhood Center, 9791 Arrow Highway in Rancho Cucamonga.

The Homeowners and Renters Association meets every Thursday from 1 to 5 p.m. in the Neighborhood Center, 9791 Arrow Highway, Rancho Cucamonga. Call 982-5619 or 987-1618, for more information.

mation.

Upland Chess Club meets from 7 to 11 p.m. in the Community Center, 352 E. C St.

Light House Brethren In Christ will present "New Beginning in Christ" a chemical dependency support program, each Monday, at 7 p.m. in the north

room. The group meets on the corner of Hellman and Base Line Road in Alta Loma. For more information, call 987-0233.

Do you have an event or special meeting you'd like to include in the calendar? For consideration for inclusion into the Calendar, mail your typed, double-spaced item to Terri Tirella, 8137 Machite, Suite C, Rancho Cucamonga, 91730.



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STAMPS

By Lea Blauvelt
Copley News Service

The U.S. Postal Service issued an 11-cent Great Americans series stamp Feb. 12, commemorating the bicentennial of the military educator Alden Partridge's birth. The site of the first-day ceremony was in Plumley Armory, which Partridge founded, on the campus of Norwich University in Northfield, Vt.

Often considered the "spiritual father" of the Reserve Officers' Training Corps, Partridge pioneered the advancement of a military-oriented education in civilian colleges and universities.

Upon graduation from West Point in 1806, Partridge remained at the academy as an instructor for a decade and later served as acting superintendent for more than a year. In 1819, he founded the American Literary, Scientific and Military Academy, which became Norwich University in 1834.

In addition to founding Norwich and at least seven other similar institutions, Partridge served as the surveyor general of

Vermont and was elected to the state Legislature for four terms. He died in Norwich in 1854.

Norwich University, which was one of the first engineering-oriented schools in the United States, today continues to offer a diverse curriculum to produce what Partridge called "citizen soldiers."

The Partridge stamp, designed by Robert Anderson, was printed in panes of 100 stamps in blue on the intaglio press with a single-digit plate number. Its format follows that of other stamps in the Great Americans series.

Instructions for first-day cancellations follow:

Collectors are encouraged to purchase the stamps at local post offices, affix to addressed envelopes and forward to: Customer Affixed Envelopes, Postmaster, Northfield, VT 05663-9991. Remember the first-class rates then in effect must be used: 20 cents for envelopes. Either use two of the 11-cent stamps or affix the difference in other postage. No remittance is required.

If collectors desire the USPS to affix postage, then send

addressed envelopes, plus 20 cents for each cover handled, to: Alden Partridge Stamp, Postmaster, Northfield, VT 05663-9992. Do not send cash. Personal checks are preferred.

Postmark all requests by March 14.

Without a first-day ceremony, the USPS on Feb. 25 issued a 22-cent embossed stamped envelope featuring an American bison in Bison, S.D.

The American bison, which for centuries existed in huge numbers on this continent, was hunted virtually to extinction. In 1800, no bison could be found east of the Mississippi River. By 1900, an estimated 50 million of the animals had been killed and only a few hundred remained.

An early 20th century conservation effort saved the bison. Two species, the American bison, or "buffalo" (Bison bison), and the European bison, or wisent (Bison bonasus), survive in zoos and protected herds today.

The envelope, designed by George Mercer, features a white embossed buffalo and "USA 22" on a brown indicium. The envelope was printed by the U.S.

Envelope Co. of Williamsburg, Pa., on the VH (Vincent E. Heywood) webfed press in No. 6 1/4 and No. 10 sizes in both regular and window formats.

To order first-day cancellations:

Purchase envelopes at local post offices, address (with peelable labels, if possible) and mail to: Customer-Provided Stationery, Postmaster, Bison, SD 57620-9991. A filler of postal card thickness should be inserted in each cover in order to secure a good cancellation.

If the USPS is requested to supply the envelopes, send 27 cents per envelope (22 cents for postage and five cents for the envelope) in check form only to: Bison Envelope, Postmaster,

Bison, SD 57620-9992. Enclose address labels.

All Bison envelope cancellation requests should be postmarked no later than April 26.

TOPICAL ARTICLE FREE — "Preparing Your First Topical Collection" is the title of a free article available from the American Topical Association (P.O. Box 630, Johnstown, PA 15907; No. 10 size self-addressed, stamped envelope appreciated). It was written by ATA Accredited Judge Laurette Garabrant and has been reprinted by popular demand from the ATA's official journal, *Topical Time* — the world's largest circulated stamp periodical.

Shuttle to be exhibited at library

"Dream to Space Exploration" will be the theme of a new exhibit in the Children's Department of the Ontario City Library during the month of March.

Photographs, posters and a large replica of the space

shuttle will be on display. The replica is on loan from the Planes of Fame Air Museum at Chino Airport.

The Children's Department has prepared a bibliography of books on space exploration, fact and fiction. The

bibliography and a display of books on the subject will be available in the Children's Department.

The library is located at 215 E. C St. Further information is available by calling the Children's Department, 988-8481.

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SPORTS

These ladies have an angle on catching fish



By Anita McSorley

Do lady anglers tell the same size fish tales as their male counterparts? Sure they do.

They brag about the 100 pounder they brought to gaff without help. They chuckle about the one that got away. And they stuff and hang on their walls the ones that didn't.



Kathy Frey

Members of the Pomona Valley Lady Anglers gather in front of the 115-pound marlin caught in 1984 off the Mexican coast by Helyn Brintnall (back row, far left). Members in front row (left to right) include Jane Griffith, Norma Dogero and president Mildred Henderson. Gladys Gilmartin and Ova Shilling compete the back row.

The members of the Pomona Valley Lady Anglers know how to fish. They charter seven or more trips each year out of H & M Landing in San Diego for the purposes of sport, friendship and fun.

The Lady Anglers meet the second Tuesday of every month at 7 p.m. at the Security Pacific National Bank at Euclid and Foothill in Upland.

Club president Mildred Henderson explains that the Pomona group is one of three women's clubs "all along the Pacific Coast, as far as I know."

The club is 35 years old and boasts anglers ranging in age from 22 to 87 years. Gladys Gilmartin, who joined the group in 1953, is the eldest angler.

Kay Sinclair of Pomona started the club in 1951 with 12 charter members and a threefold purpose: to interest women in rod and reel fishing, to aid in the conservation of fish in local waters and to encourage good sportsmanship among members.

In January of each year, the ladies celebrate the year's activities with a banquet and awards ceremony. This year it was held at the Red Hill Country Club. Pins and trophies are presented to members with record catches.

Being a member of the Southwest Anglers Button Awards Association of California, the women are awarded pins according to set guidelines. Gold pins were presented to members catching albacore of 25 pounds or larger.

Helyn Brintnall, the newest member, caught a 115-pound blue marlin, the first ever on a club charter.

How do the ladies prepare for the physical demands of working a large fish for what may be hours?

Norma Dogero says she lifts weights to get into shape before each season. "I don't like to get sore muscles," she says.

'The skipper kept coming by to see how I was doing. I was getting pretty tired but he said, 'You're a lady angler, you can do it.' And I did, all by myself.'

Ova Schilling

Ova Shilling works in her garden, while Henderson says, "some of us just pray."

Shilling describes her greatest thrill as catching a 62-pound white sea bass in the waters off San Diego. That day she brought in five fish, averaging 30 pounds each. That's a heavy workout for a weekend gardener.

How do fishermen treat the lady anglers? Dogero says: "They don't tend to be helpful, but they do admire us."

Shilling tells a tale of being hooked up with a large albacore that she worked and worked. "The skipper kept coming by to see how I was doing," she says. "I was getting pretty tired but he said, 'you're a lady angler, you can do it.' And I did, all by myself."

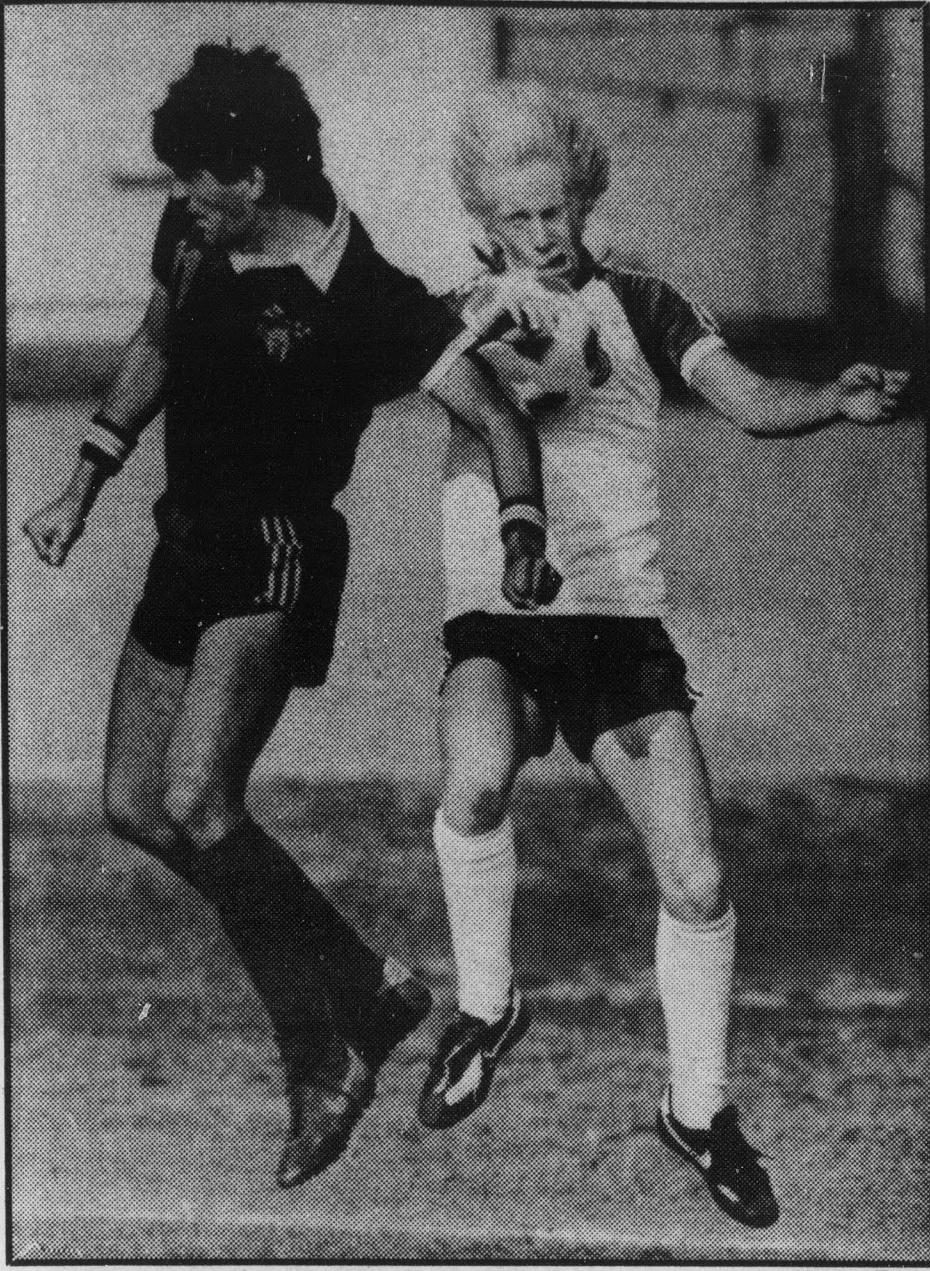
As boat chairman, Dogero has scheduled seven charters this year to include three, two-day trips and a five-day excursion in May. "So far we have 17 signed and ready to go," Dogero says. The season's first excursion was a rock cod trip out of Oxnard two weeks ago.

A good weekend of fishing can net the ladies hundreds of pounds of fish. This is where they can recoup some of the cost of their sport. They can and smoke the meat.

"It usually takes us two days to bake it, remove the skin, pack it up in jars and pressure cook it, but it's worth it," says Dogero.

"Albacore is the best tuna you can catch and put up, but the others aren't bad."

Prospective club members are invited to call Dogero at 987-3370.



Kathy Frey

IMPACT — Mark Michlich (6) of Upland High School stops the flight of the ball with his chest after Robert Cardenas missed a head shot in last week's CIF playoff contest against top-rated Oxnard. The Scots were eliminated as Oxnard posted a 4-2 double overtime victory. "The season was good overall," said Upland head coach Pete Norell. "We needed to show that Upland had a soccer program and we needed to get recognition. I think we accomplished both of those goals."

Sims seeking cagers to compete in China

Mel Sims, Alta Loma High School girls' basketball coach, is seeking players to make a playing tour of Hong Kong and the Peoples Republic of China this summer.

Dates of the CIF-sanctioned event are July 7-17, and individual cost per player is \$1,500.

Sims, who is also seeking an assistant coach for the venture, said females players between the ages of 15 and 19 from the West Valley and Pomona areas

are eligible for the trip.

The player candidates must have played basketball in high school or college the past season. They cannot have turned 20 years old by the time they renew their passports.

Games will be played under international rules. The team expects to play seven games during the tour.

Further information on the trip can be obtained by calling Sims during the day at 961-0466 or evenings at 597-6561.

Outdoor activities

Today

The Cucamonga Bassmasters will have its regular monthly meeting beginning 6:30 p.m. this evening. For more information about the club and meeting place, call 980-3247 or 980-3295.

A seminar on international-style competitive pistol shooting will be held beginning 6:30 p.m. at Prado Tiro, the Olympic

Shooting Range, Chino. The U.S. Olympic Pistol Shooting coach, Dan Euga, will conduct the free seminar. For more information, call 597-4794.

FRIDAY

A registered international-style pistol competition will be held at Prado Tiro, the Olympic shooting facility in Chino.

Baldy View gymnasts place in top three in prelim meet

Glenda Smith and Jodi McJoynt of Upland both finished among the top three competitors in each of their five events at the recent novice and advanced optionals meet at Saugus High School.

Smith, 15, and McJoynt, 11, were the top performers from the Baldy View Gymnastics club at the meet, which was the second of four preliminary events to

qualify gymnasts for the state championships in May.

Smith finished second in the balance beam and was third in four other events — the vault, uneven parallel bars, floor exercise and all-around. She competed in the advanced optionals, senior open division.

McJoynt won the all-around with a score of 32.3 in the novice

child division. She also won the bars (8.1) while finishing second in the vault (8.2), second in the beam (7.65) and third in the floor (8.35).

About 115 gymnasts were entered in the meet, which was sponsored by the Pikes Gymnastic club of Ventura and featured 18 Southern California teams.

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20 business professionals visit an R.C. school for Career Day

By Terri Tirella

Cucamonga Elementary School was visited by 20 representatives from various local businesses on its first Career Day last week.

The professionals shared their career choices with students in first through sixth grades.

"The students need to know (their career) options," said Joyce Wolfe, school principal. With career goals, studies show more students will stay in school, lessening the high school dropout rate, she said.

The students were given the opportunity to see plaque with a microscope provided by a local dentist. "The kids are really primed on teeth," said Dr. William Domb. "They knew about plaque and acid. We talked about different kinds of dentists and other fields associated with dentistry, like laboratory technicians."

Another session featured the poultry industry, with Larry Kendrick, representative from Dekalb Research. "We had a lot of fun breaking eggs open and decided which (yolks) were fertile." He also brought chickens and slides

to share with the children.

"That (the egg demonstration) tied in beautifully with our older kids' human growth and development study," Wolfe said.

Kurt Hartmetz addressed the topic of metrology, the science of measurement. He told his students about measuring electrical voltage in a class demonstration. Engineering, electronics and quality control are different careers a metrologist might enter, Hartmetz said.

City planner Otto Kroutil was among the guest speakers, along with Chuck Nelson, an architect, who brought pyramids and pictures of the Eiffel Tower to illustrate his career choice.

"A lot of the kids asked 'Do you make a lot of money?' or 'What kind of car do you drive,'" said Jim DiCamillo, also an architect. Other speakers agreed that was the question most asked of them.

"I told them if they wanted to be rich, city planning is not the career for them," Kroutil said.

Other professions represented at the Career Day included dance/exercise instruction, the fire

department's paramedic unit, an emergency medical technician, the forestry service, interior design, school counseling, space engineering, newspaper career opportunities, and library services.

Superintendent Roberto Velasquez shared some of his experiences as a musician, as well as a school principal and counselor, with the Cucamonga students.

"Our superintendent (Roberto Velasquez) at one time owned his own band with eight or 10 (members) and he plays piano very well," Wolfe said.

Cucamonga School Board member Velda Quinn stopped by to observe Career Day activities and was drafted as a guest speaker. "We had a no-show and Velda Quinn was wonderful about filling in for us," Wolfe said. "She spoke about her career in the Army ... and about the first woman general in the Marines (promoted) just the other day."

Students followed up Career Day activities with assignments concerning their future career choices and preparation, Wolfe said.

Jazzercising for the March of Dimes

For the fourth year in a row, local Jazzercise instructors and their students will be raising money for the March of Dimes.

"We've raised \$11,000 each of the past three years," said Val Ducey Tracey, owner of Foothill Jazzercise Center and one of the organizers of the yearly event.

"For the last three years we walked for the March of Dimes but we had people get hurt last

On March 23 at noon, the 10 instructors involved and their classes will begin "jazzercising" in Claremont's Memorial Park.

"We are hoping to have about 500 jazzercisers show up," said an optimistic Tracey. "Right now we are handing out the sponsor sheets to our people and they year, so we decided to Jazzercise instead," she said.

Exercise, craft classes offered by Montclair Human Services

The Montclair Human Services Department is offering a new series of activities for teens and adults.

The activities will be in the Montclair Civic Center on Benito Street and Fremont Avenue. Registration can be made at the human services office Monday through Friday from 8 a.m. to 5 p.m. The activities are:

- Morning exercise class — The eight-week session begins March 11 in the recreation facility. Adult classes will be Monday, Wednesday and Friday from 8 to 9 a.m. Fee is \$15 for attending three weekly sessions and \$10 for attending two a week.

- Clay class — An eight-week course starts March 13 in the

community building. Sessions will be on Wednesdays from 6 to 9 p.m. Fee is \$22.50 with supplies extra.

- Belly dancing — Eight-week instruction will be in the recreation facility beginning March 12. The course will be Tuesdays from 7:30 to 8:30 p.m. Fee is \$20.

- Basketball — Free-play sessions start March 19 in the community center. Action takes place on Tuesday and Thursday from 6:30 to 9:30 p.m. Fee is \$15 for the eight-week session.

- Panoramic Egg Making — Just in time for Easter, this three-week course starts March 20 in the community center. Meetings will be Wednesdays from 7 to 9:30 p.m.

are getting sponsors."

Although activity will be continuous, the dancers will take two 20-minute breaks between the three sets they plan, Tracey said.

The fund-raiser involves all interested students and instructors in the Pomona Valley but is also open to anyone else who wishes to participate.

For a sponsor sheet, stop by Foothill Jazzercise Center, 1420 N. Claremont Blvd., Suite 204B. For more information on the fund-raiser, call 980-2889.

Public Notice

FICTITIOUS BUSINESS NAME STATEMENT

The following persons are doing business as:
STOR 'N LOK (C-21), 4026 Mission Blvd., Pomona, CA 91766

Balboa Construction Co., Inc., 5311 Topanga Canyon Blvd., Woodland Hills, CA 91364 (a California corporation)

This business is conducted by a corporation.
BALBOA CONSTRUCTION CO., INC.

By: /s/ WILLIAM RAFF

Vice President

This statement was filed with the County Clerk of San Bernardino County on Feb. 6, 1985.

File No. FBN 67926

EXPIRES Dec. 31, 1990

Publish: February 28; March 7,

14, 21, 1985

Upland News

F25037 (DC26302)

FICTITIOUS BUSINESS NAME STATEMENT

The following persons are doing business as:
A & J COURTYARD PROPERTIES at 521 North Mountain

Public Notice Cont.

Avenue, Upland, California 91786

Sally Forster Jones, 9676 Wenvo Drive, Beverly Hills, California 90210

Mary E. Agran, 2751 McConnell Drive, Los Angeles, California 90064

This business is conducted by a limited partnership.
/s/SALLY FORSTER JONES

This statement was filed with the County Clerk of San Bernardino County on Jan. 29, 1985.

File No. FBN 67712

EXPIRES Dec. 31, 1990

Publish: February 28; March 7,

14, 21, 1985

Upland News

F25291 (DC26304)

NOTICE INVITING BIDS

Notice is hereby given that the City of Upland will receive sealed bids for furnishing the following to the City of Upland:

Public Notice Cont.

"WEED ABATEMENT AND WASTE REMOVAL WORK"

Specifications and bid blanks may be obtained in the Purchasing Department, 460 N. Euclid Avenue, Upland, Ca. Bids must be returned before 2:00 p.m., March 12, 1985, at which time said bids will be opened and publicly read in the City Hall, Upland, Ca.

The City Council of the City of Upland reserves the right to reject any and all bids, to accept a minor variance in a bid, to reject and/or waive a variance in a bid, to waive any informality in a bid or accept the bid or bids that best serve the interest of the City.

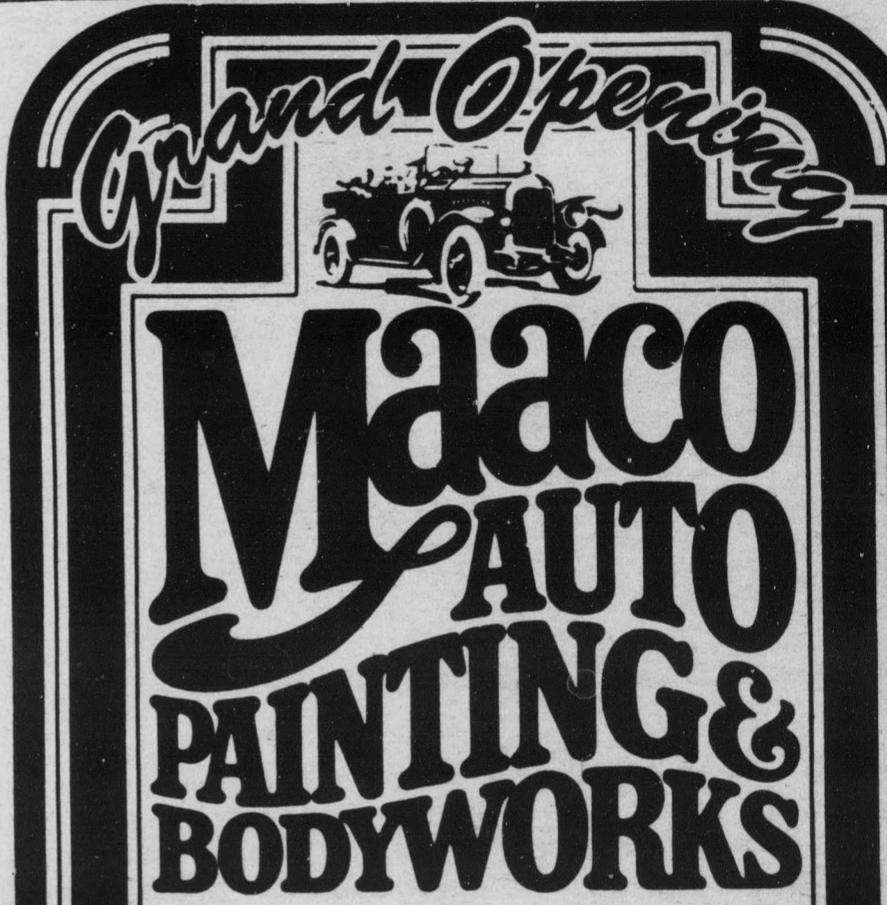
/s/ LEE TRAVERS
City Manager

Publish: February 28; March 7,

1985

Upland News

(DC26230)



Maaco AUTO PAINTING & BODYWORKS

ANNOUNCES OUR

Grand Opening

OPENING DAY
FEBRUARY 4th

1842 SO. GROVE AVE.
ONTARIO
(714) 947-1812

1/2 OFF THE SUPREME PAINT SERVICE
Regularly 299.95

Clean and dewax entire car • Thorough hand sanding of surface • Machine sand most chips and scratches • Apply full coat of primer sealer • Paint exterior in Polyurethane catalyzed enamel (same color) and bake to durability plus finish in our temperature-controlled oven.

*OFFER EXPIRES MARCH 16th

OVER 3 MILLION CARS PAINTED

Master Charge VISA

SHOP HOURS:
MONDAY-FRIDAY 7:30-6
SATURDAY 9-12

714-947-1812



Public Notice

SUMMONS
(CITATION JUDICIAL)
CASE NUMBER: SEC 47426
NOTICE TO DEFENDANT:
(Aviso a los Acusados):
HAMEED ULLAH, an individual;
NANCY ULLAH, an individual;
JERRY WALSH, an individual;
dba JERRY WALSH & ASSOCIATES;
WINDSOR ESCROW CORPORATION, and
DOES 1 through 50, inclusive.
YOU ARE BEING SUED BY PLAINTIFF: (A Ud. le esta demandando):
ADALINE OWENS

You have 30 CALENDAR DAYS after this summons is served on you to file a typewritten response at this court.

A letter or phone call will not protect you; your typewritten response must be in proper legal form if you want the court to hear your case.

If you do not file your response on time, you may lose the case, and your wages, money and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may call an attorney referral service or a legal aid office (listed in the phone book). Despues de que le entreguen esta citacion judicial usted tiene un plazo de 30 DIAS CALENDARIOS para presentar una respuesta escrita a maquina en esta corte.

Una carta o una llamada telefonica no le ofrecera protección; su respuesta escrita a maquina tiene que cumplir con las formalidades legales apropiadas si usted quiere que la corte escuche su caso.

Si usted no presenta su respuesta a tiempo, puede perder el caso, y le pueden quitar su salario, su dinero y otras cosas de su propiedad sin aviso adicional por parte de la corte. Existen otros requisitos legales. Puede que usted quiera llamar a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de referencia de abogados o a una oficina de ayuda legal (vea el directorio telefonico).

The name and address of the court is: (El nombre y dirección de la corte es):

SUPERIOR COURT OF THE STATE OF CALIFORNIA, COUNTY OF LOS ANGELES, Southeast Judicial District, 1720 Northwalk Boulevard, Norwalk, California 90650.

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el numero de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): DAVID A. McDONNELL, ESQ., Wildish & Boehmer, Attorneys at Law, 606 East Chapman Avenue, Orange, California 92666.

DATE: (Fecha): November 8, 1984

JOHN J. CORCORAN
Clerk (Actuario)
By: S/L. RICHARDSON
Deputy (Delegado)

Publish: February 21, 28; March 7, 14, 1985

C495 (DC25356)

NOTICE OF TRUSTEE'S SALE

T.S. No. F-1993

NOTICE
YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED March 5, 1984. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On March 14, 1985, at 11:30 A.M., MANHATTAN FINANCIAL CORPORATION, a California Corporation as duly appointed Trustee under and pursuant to Deed of Trust recorded March 9, 1984, as inst. No. 84-05063, of Official Records in the office of the County Recorder of San Bernardino County, State of California. Executed by GAIL HUMPHREY, an unmarried woman, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) at the main entrance to the County Courthouse, 351 North Arrowhead Av., San Bernardino, California all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

That portion of Lot 21 of Harwood Bros. Subdivision, in the City of Upland, as shown by map on file in Book 14, page 19 of Maps, Records of San Bernardino County, California, described as follows: Beginning at the northwest corner of said Lot 21, thence east along the north line of said lot, 49 feet, thence southerly 49 feet; thence westerly 49 feet; thence northerly along the west line of said lot, 149 feet to the place of begin-

Public Notice Cont.

The street address and other common designation, if any, of the real property described above is purported to be: 604 E. Arrow Hwy. (aka: 10th Street), Upland, CA AND 468 N. 6th St., Upland, CA.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$72,333.46.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Date: February 1, 1985.

MANHATTAN FINANCIAL CORPORATION a California corporation as said Trustee
44-795 San Pablo Av., #1
Palms Desert, CA 92260
1-619-568-3627
By: /s/BEVERLY J. BROWN
Trustee Officer
Authorized Signature
Publish: February 21, 28; March 7, 1985
Upland News (DC25360)

R. G. AUWBREY, ESQ.
3500 Clayton Road, Suite 203-B
Concord, California 94519
(415) 689-9539

and
JONES HALL HILL & WHITE
A Professional Law Corporation
Four Embarcadero Center
Suite 1950
San Francisco, California 94111

Attorneys for Plaintiff
IN THE SUPERIOR COURT
OF THE
STATE OF CALIFORNIA
IN AND FOR THE
COUNTY OF
SAN BERNARDINO
SUMMONS
(C.C.P. 860 et seq.)
NO. OCV 34909

UPLAND COMMUNITY RE-
DEVELOPMENT AGENCY, a Redevelopment Agency of the State of California,
Plaintiff,
vs.
ALL PERSONS INTERESTED IN THE MATTER OF THE VALIDITY OF THE BONDS AUTHORIZED TO BE ISSUED BY THE UPLAND COMMUNITY REDEVELOPMENT AGENCY BY AND THROUGH ITS RESOLUTION NO. 5-85 (Adopted February 4, 1985). Defendants.

NOTICE! YOU HAVE BEEN SUED. THE COURT MAY DECIDE AGAINST YOU WITHOUT YOUR BEING HEARD UNLESS YOU RESPOND NOT LATER THAN THE 2nd DAY OF APRIL, 1985. READ THE INFORMATION BELOW.
AVISO! USTED HA SIDO DEMANDADO. EL TRIBUNAL PUEDE DECIDIR CONTRA UD. SIN AUDIENCIA A MENOS QUE UD. RESPONDA NO MAS TARDE DE EL 2 DE ABRIL, 1985. LEA LA INFORMACION QUE SIGUE.

TO: ALL PERSONS INTERESTED IN THE MATTER OF THE VALIDITY OF THE BONDS AUTHORIZED TO BE ISSUED BY THE UPLAND COMMUNITY REDEVELOPMENT AGENCY BY AND THROUGH ITS RESOLUTION NO. 5-85 (Adopted February 4, 1985). PLEASE TAKE NOTICE that a complaint has been filed by plaintiff against you. If you wish to defend said lawsuit you must appear and answer said complaint by filing a written pleading in response to said complaint not later than the 2nd day of April, 1985. Unless you do so, your default will be entered upon application by the plaintiff, the plaintiff may apply to the court for the relief demanded in the complaint, and the court may enter a judgment against you for the relief demanded in the complaint, which could result in garnishment of wages, taking of money or property, or other relief. YOU MAY SEEK THE ADVICE OF AN ATTORNEY IN ANY MATTER CONNECTED WITH THE COMPLAINT OR THIS SUMMONS. SUCH ATTORNEY SHOULD BE CONSULTED PROMPTLY.

A petition has been filed by SHIRLEY BREYMAN in the Superior Court of San Bernardino County requesting that SHIRLEY BREYMAN be appointed as personal representative to administer the estate of the decedent. The petition requests au-

Public Notice Cont.

SO THAT YOUR PLEADING MAY BE FILED OR ENTERED WITHIN THE TIME REQUIRED BY THIS SUMMONS.

Dated: February 20, 1985.
DAVID L. BAKER
County Clerk
By: ROSEMARIE CHAVEZ, Deputy
Publish: February 28; March 7, 14, 1985
Upland News (DC26223)

NOTICE OF DEATH OF EDITH G. DANIEL AND OF PETITION TO ADMINISTER ESTATE CASE NO. PW-4828

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate of: EDITH G. DANIEL, aka EDITH GENEVIEVE DANIEL.

A petition has been filed by EUNICE MITCHELL in the Superior Court of San Bernardino County requesting that EUNICE MITCHELL be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held on March 22, 1985 at 8:30 A.M. in Dept.: 5, located at 1540 North Mountain Avenue, Ontario, CA 91762.

IF YOU OBJECT to the granting of the petition, you should either appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 700 of the California Probate Code. The time for filing claims will not expire prior to four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may serve upon the executor or administrator, or upon the attorney for the executor or administrator, and file with the court with proof of service, a written request stating that you desire special notice of the filing of an inventory and appraisal of estate assets or of the petitions or accounts mentioned in sections 1200 and 1200.5 of the California Probate Code.

Attorney for petitioner:
MARK JOHN TUNDIS, ESQ., ANDERSON, TAVES & REEVER, 1365 West Foothill Boulevard, Suite 1, Upland, CA 91786, (714) 985-9643

/s/ MARK JOHN TUNDIS
Attorney for Petitioner
Publish: March 7, 14, 21, 1985
Upland News (DC26734)

NOTICE OF DEATH OF LULA FAY SATTERFIELD, also known as

LULA F. SATTERFIELD, aka LULA F. SATTERFIELD AND OF PETITION TO ADMINISTER ESTATE CASE NO. PW-4851

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate of: LULA FAY SATTERFIELD, aka LULA F. SATTERFIELD, aka LULA SATTERFIELD.

A petition has been filed by DELORIES ROBERTSON in the Superior Court of San Bernardino County requesting that DELORIES ROBERTSON be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held on March 22, 1985 at 8:30 A.M. in Dept.: 6-ONT, Div.: Probate, located at 1540 North Mountain Avenue, Ontario, CA 91762.

IF YOU OBJECT to the granting of the petition, you should either appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 700 of the California Probate Code. The time for filing claims will not expire

Public Notice Cont.

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A petition has been filed by EUNICE MITCHELL in the Superior Court of San Bernardino County requesting that EUNICE MITCHELL be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held on March 22, 1985 at 8:30 A.M. in Dept.: 5, located at 1540 North Mountain Avenue, Ontario, CA 91762.

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A petition has been filed by EUNICE MITCHELL in the Superior Court of San Bernardino County requesting that EUNICE MITCHELL be appointed as personal representative to administer the estate of the decedent.

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IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 700 of the California Probate Code.

Public Notice Cont.

prior to four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may serve upon the executor or administrator, or upon the attorney for the executor or administrator, and file with the court with proof of service, a written request stating that you desire special notice of the filing of an inventory and appraisal of estate assets or of the petitions or accounts mentioned in sections 1200 and 1200.5 of the California Probate Code.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 700 of the California Probate Code.

A petition has been filed by EUNICE MITCHELL in the Superior Court of San Bernardino County requesting that EUNICE MITCHELL be appointed as personal representative to administer the estate of the decedent.

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IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 700 of the California Probate Code.

A petition has been filed by EUNICE MITCHELL in the Superior Court of San Bernardino County requesting that EUNICE MITCHELL be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the

UPPLAND FARMERS MARKET

"Compare Our Prices"

PINEAPPLE

29¢
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BROCOLLI

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ARTICHOKES

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Kennow

TANGERINES

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lb.

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9 am - 7 pm

